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FIRST REAL TEST PAGE 42

Toronto's Jose Calderon guards Real Madrid's Dontaye Draper during Monday's pre-season opener at the Air Canada Centre. Calderon had eight assists to go with nine points, contributing to a 102-96 win for the Raptors. TARA WALTON/TORSTAR NEWS SERVICE

T.O. bus firm had no valid U.S. licence

New Jersey crash. 'Compliance violation' part of investigation into crash that left 23 injured

The charter company that owns the bus that crashed off a freeway over the weekend does not have permission to operate in the United States, according to a statement from the U.S. Department of Transportation.

A department spokesperson said AVM Max 2000 Charter Services, Inc. lost its operating licence when its insurance lapsed July 3.

According to department records, the vehicle was last inspected Aug. 17. It's unclear why the bus continued to operate after its licence had lapsed.

Saturday morning, a Toronto-New York bus carrying 57 people flew off the road into a ditch, injuring 23 people, including two children. The bus was exiting Interstate 80 near Wayne, N.J.

"This compliance violation is one of the factors we will evaluate as part of our post-crash investigation of the carrier and driver," said the statement, released by the Federal Motor Carrier Safety Administration, an arm of the Department of Transportation.

Records also show that the company has racked up five citations related to fatigued driving, including one in May 2012 for permitting a driver to violate the U.S. government limit of driving for 11 hours.

Repeated calls to the company over the weekend went unanswered.

The driver, 51-year-old Neville Larmond from Brampton, reportedly told police he was cut off by another car before the bus left the road.

TORSTAR NEWS SERVICE

Critically injured

- A total of eight people were critically injured and three trapped in the bus. Crews rushed the injured to nearby hospitals.

Longing for the Leafs

Losing a favourite team can cause psychological distress for fans: Expert says PAGE 4

Try a DIY facelift

Facial yoga: It's much cheaper than Botox but still tackles the loss of collagen PAGE 31

'Fearless Felix' goes for record

Austrian skydiver to attempt the highest, fastest free fall in history — will you watch? PAGE 8

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Conflict of interest

One year after a $7M inquiry ... no action

Mayors Rob Ford and Hazel McCallion. TORSTAR NEWS SERVICE

One year ago, after a $7-million judicial inquiry, sweeping reforms were recommended to expand the law as it applies to municipal politicians and conflict of interest.

With Toronto Mayor Rob Ford and Mississauga's Hazel McCallion (again) on the hot seat, some are wondering what's been done in response. The answer: Not much.

"The judge has only two options: No (you're not guilty), or you're unseated — it's a sledgehammer," says Robert Swayze, Mississauga's integrity commissioner.

He, like the inquiry's commissioner, Justice Douglas Cunningham, believes there should be a broader range of penalties to choose from when councillors and mayors are found guilty of a conflict.

Cunningham made 27 recommendations in his inquiry report to more effectively deal with conflict-of-interest issues.

Since its release, McCallion and Ford have both become embroiled in high-profile conflict cases. Ford's case revolves around his participation in a council vote involving donations of $3,150 to his private football charity. A judicial decision is expected soon. McCallion's case probes allegations she voted in 2007 on decisions that could have saved her son's company $11 million.

TORSTAR NEWS SERVICE

Is Markham's power play doomed to fail?

NHL. Politicians, experts say arena and no sports team will lead to losses

The mayor of Hamilton wonders why the city of Markham is planning an NHL-size arena without any assurance of an NHL team.

Mayor Bob Bratina should know a little about arenas and what it takes to make one financially viable. His city "got caught up" with the idea of building Copps Coliseum in anticipation of getting an NHL franchise.

That was 27 years ago. The city is still hoping for a team and taxpayers are still paying an average annual subsidy of $2.8 million for the arena's operation.

"If you're building it without an NHL team, you are wasting taxpayers' money," said Bratina, while acknowledging the circumstances for the two arenas differ.

The prospect of an NHL team inspired the idea of a big league 20,000-seat arena. But when the city and private partner announced plans for the proposed facility near Kennedy Road and Highway 407 in April, city officials and the private partner quelled all talk of another hockey franchise coming imminently to the GTA.

Instead, they said, the arena would be a "sports, entertainment and cultural centre" to rival the Air Canada Centre. And a centre, according to their consultants, that could be viable without an NHL team or a major league team.

"We have identified 131 events a year at this time that we are very comfortable with," said Graeme Roustan, the chairman of GTA Sports LP, the private group promoting the project. "It's a number based on Global Spectrum's (a venue management company) experience in operating these facilities all over the world, and their research in this market."

TORSTAR NEWS SERVICE

Cautionary tales

"... you look at the other cities in North America that have built an arena and don't have an anchor tenant, it's not a pretty sight."

Brad Humphreys, sports economist, University of Alberta

Good shepherds help serve Thanksgiving dinner

Nathan Rees and his grandmother Ambah volunteer at the Good Shepherd Centre, 412 Queen St. East, on Thanksgiving Monday. Three generations of the Rees family came in from Pickering to help serve Thanksgiving dinner to more than 1,600 people at the Good Shepherd Centre. The youngest – Nathan – started volunteering when he was 12.

STEVE RUSSELL/TORSTAR NEWS SERVICE

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Norton Park

Woman in Brampton died of natural causes

The middle-aged woman whose body was found in Brampton's Norton Park Sunday died of natural causes, Peel police confirmed.

Police initially treated the death as suspicious as they were unable to immediately determine the cause of death, but post-mortem results allowed them to rule out foul play.

Const. Thomas Ruttan said he didn't know the specific reason for the woman's death.

Police have identified the woman but have not released her name.

TORSTAR NEWS SERVICE

Impaired driving charges

Teen smashes SUV into porch

A 19-year-old man was arrested Monday morning after driving his SUV into a porch near Mt. Pleasant Rd. and Lawrence Ave. E.

Police said the man was charged with impaired driving.

TORSTAR NEWS SERVICE

High-velocity Volvo

Man charged with stunt driving

A Milton man was charged with stunt driving after being clocked at 71 km/h over the speed limit in Oakville Saturday night.

The 24-year-old motorist was driving his Volvo at 131 km/h in a 60 km/h zone. TORSTAR NEWS SERVICE

Lake Simcoe

Toronto boater rescued from sinking boat

At least one Ontario boater is pretty thankful this long weekend.

Police say a 41-year-old Toronto man was in a five-metre vessel on Lake Simcoe on Saturday when it began having engine troubles and taking on water.

A civilian plane flying overhead called police with the boat's location.

The OPP marine unit, along with fire department boats from Orillia, Rama and Ramara Township, found the disabled vessel and the unidentified man, who was suffering from mild hypothermia.

THE CANADIAN PRESS

Lockout could cause Leafs fans psychological distress: Expert

Health. Losing your team for long periods of time can cause intense emotional and psychological distress for hard-core fans

Mario Arcuri makes a living watching the Leafs.

So frustrated was he 15 years ago at the cost and scarcity of tickets to see his beloved team in Toronto, Arcuri began taking his four little boys on the road to catch some games.

"I couldn't get tickets to the Leafs for the life of me," Arcuri says.

"So I started to go to (away) games, taking them to Buffalo, taking the family for a weekend in Montreal."

Sitting in these enemy arenas, Arcuri noticed that a lot of Leaf fans had hit on the same strategy. So he started a business — Tour Sport Leafs Express — that would arrange trips to see the squad.

Now, thanks to another league lockout, Arcuri and his band of rabid roadies — he has taken up to 400 to out-of-town tilts — are liable to miss an entire season of their hard-to-love heroes.

Financially, of course, Arcuri is certain to take a big hit.

"It's like having a bakery with no bread to sell," he says, noting he will have to lay off a receptionist and 11 part-time hostesses.

But Arcuri says there's an even bigger psychological aspect that he and other true blue fans will have to deal with.

"The big impact is obviously missing the sport and feeling disenchanted with the league," he says.

"It's like being without very close family members, the bonding, it's like a club that I'll miss very much."

Arcuri will be far from alone in his Leaf longings, says Illinois University psychologist Edward Hirt, who has looked deep into the minds of sports fans.

And indeed, Hirt says, Arcuri's club and family references point aptly to a key source of the psychological distress that many of the team's fans will doubtlessly suffer this season.

"The groups that we belong to really signify to a great extent some large components of our own personal identity," he says.

"While we think of ourselves as individuals, we all have some identification with different types of groups."

These tribal groups could be centred on a religion, political party, ethnicity or military service, Hirt says.

"But one of the most fascinating ones ... is the sports team affiliation and the kind of kinship that we feel there," he says.

"Let's take a Yankee fan. That may be one of the first things that somebody from (New York) says to somebody; 'I'm a Yankee fan.' That's a key part of their identity."

TORSTAR NEWS SERVICE

Mario Arcuri, owner of Tour Sports, left, poses at the Crown and Lion Pub with manager Dennis Greer and waitress Pauline Dinner in Brampton on Friday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Easy to identify

Members of sports team tribes are usually easy to spot, often being festooned with the insignia and paraphernalia of their loadstar squads, Hirt says.

Redirect energy

Letting go can be tough

Illinois University psychologist Edward Hirt says one solution for those hit hardest by the loss of Leaf games is to direct their energies elsewhere.

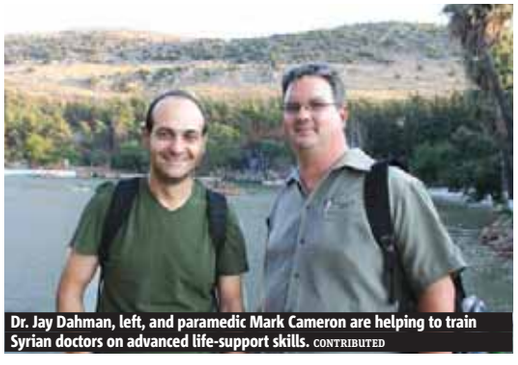
"Now, will it satisfy you as much as the sports thing? Maybe, maybe not," he says.

But some, Hirt says, may just quit caring.

"It does happen with some people with these (fanatical) sports things that eventually they just get fed up with the fact that it is a business, especially at the professional level," he says.

"I suspect for some people it can be enough, they've done this to me, they've jerked me around too much ... so I'm not going to follow it."

Toronto doctor heads mission training physicians in war zone



Dr. Jay Dahman, left, and paramedic Mark Cameron are helping to train Syrian doctors on advanced life-support skills. CONTRIBUTED

By professional necessity, Dr. Jay Dahman, a pediatrician at Humber River Regional Hospital, is fairly desensitized to seeing children in medical distress.

But he admits to tearing up this past summer at a field hospital on the Turkish-Syrian border while helping to clean the wounds of a nine-year-old boy who suffered second- and third-degree burns to his arms and legs.

Dahman doesn't know what set him off, whether it was the child's physical pain, the fact he couldn't do much to ease it, the story of how the boy's family was slaughtered, or the scale of the carnage that the physician witnessed during a two-week visit.

"As much as we are trying to do, it's not a fraction of what is needed," said Dahman, who was born in Toronto but is of Syrian origin.

Dahman is a member of the Syrian American Medical Society — or SAMS — a non-profit humanitarian organization comprised of North American medical professionals of Syrian decent. He is heading up SAMS' medical training mission, which has so far this year sent 15 doctors from Canada and the United States to border areas of Syria to train doctors there on advanced life-support skills.

Quoted

"Some of the worst of what I've seen in North America doesn't compare to this."

Mark Cameron, paramedic

Those doctors work in field hospitals in Syria and most have not had training in advanced trauma care, Dahman notes. So far, SAMS has trained about 100 of them.

Accompanying Dahman on his last trip in August was Mark Cameron, an advanced care paramedic from Peterborough. The two have their own company, Airborne Medical, which rescues and repatriates Canadians who have been injured or fallen ill while abroad. They are planning another trip soon, but for security reasons.

"I always take a risk when I go there, but you just can't do nothing," Dahman says.

TORSTAR NEWS SERVICE

A masquerader performs during the Grand Parade at the Scotiabank Toronto Caribbean Carnival in August. Many performers have yet to be paid for their work. MICHELLE SIU/THE CANADIAN PRESS

Festival performers still awaiting pay

Scotiabank Toronto Caribbean Carnival.
Organizers vow entertainers will be paid

As many as two dozen performers hired to entertain at Toronto's annual Caribbean festival in August have not been paid for their work.

The Scotiabank Toronto Caribbean Carnival — formerly Caribana — made less money than expected this year and hasn't been able to pay some of its debts yet, organizers confirmed.

Denise Herrera Jackson, CEO of festival management, said the organizing committee regrets the delay and is working to pay the performers as soon as possible.

"The whole issue is being worked on right now," she said. "We will be honouring our commitments."

Controversy

- In 2006, after years of financial troubles, city council withdrew its support for the festival's long-time owner, the Caribbean Cultural Committee, and put the event in the hands of a committee created by the city.
- After organizers failed to produce adequate financial statements, control was transferred to the newly created Festival Management Committee.
- The festival was renamed the Toronto Caribbean Carnival.

Jackson would not confirm exactly how many artists have yet to be paid, but said "about two dozen." She could not say when the festival might be able to pay them.

Toronto musician Anslem Douglas says he performed a 20-minute set during the carnival and is angry that he has yet to receive a cheque or hear an update from festival organizers.

"If somebody had picked up the phone and said, 'Fellas, guys, Anslem — whatever, whoever — this is the situation: We have some money issues and we're not in a position to pay you guys right now, but we're doing everything in our power to get the money to you in the shortest time frame possible,' I could live with that. That's what I'm saying. But not even a phone call. Not even an email. Nothing," Douglas said.

TORSTAR NEWS SERVICE

DNA tests show students their spitting image

Fifty first-year York University students gathered in a lab recently to have their DNA analyzed.

The biology students were taking part in a "learning community" run by York biology professor Logan Donaldson. The program gets special funding to provide hands-on learning experiences and social interaction.

On this day, the hands-on learning and social interaction involved spitting into a tube.

The saliva samples will be analyzed by a California company called 23&Me (led and co-founded by Anne Wojcicki, wife of Google CEO Sergey Brin).

The test traces people's ancestry in the short term, showing what continents their ancestors came from over the past five generations, and in the long term, all the way back to the Neanderthals.

Apart from the historical interest, the tests have implications for health. The test can show one's risk of developing Type 2 diabetes, Alzheimer's, various kinds of cancer, arthritis and coronary heart disease, among other ailments.

"It's not saying you're going to get anything, it's just that you have a certain risk compared to everyone else," Donaldson said.

TORSTAR NEWS SERVICE

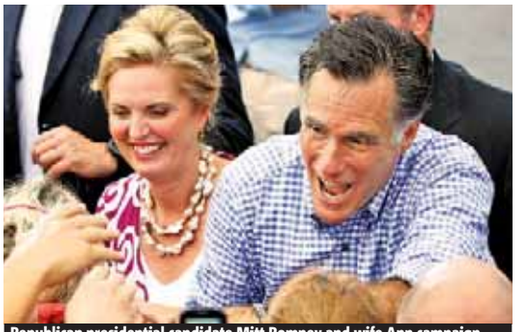
Booming business

- The commercial genetic-testing business is a nascent industry, and one that is unregulated in the United States, though the firm 23&Me recently submitted some of its tests for U.S. federal approval.
- York biology professor Logan Donaldson said the science of genetic testing is progressing so rapidly that screenings could soon be routine.

Presidential race.
Romney takes jabs at Obama over Syria

Republican Mitt Romney, flashing new confidence on the campaign trail as polls showed him gaining ground in a tight race, assailed President Barack Obama's leadership in the Middle East on Monday and declared the U.S. must join other nations in helping arm Syrian rebels.

Hoping to bolster his own foreign policy credentials, Romney said he would identify and organize those in the Syrian opposition who share American values, then work with American allies to "ensure they obtain the arms they need to defeat Assad's tanks, helicopters and fighter jets." THE ASSOCIATED PRESS



Republican presidential candidate Mitt Romney and wife Ann campaign Sunday in Port St. Lucie, Fla. Romney's campaign is working hard to chip away at U.S. President Barack Obama's advantage among early voters.
CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

U.S. court to look at race in college admissions

Legal debate. The Supreme Court will consider whether to limit or rule out taking race into account

Nine years after the U.S. Supreme Court said colleges and universities can use race in their quest for diverse student bodies, the justices have put this divisive social issue back on their agenda in the middle of a presidential election campaign.

Nine years is a blink of the eye on a court where justices can look back two centuries for legal precedents.

But with an ascendant conservative majority, the high court in arguments Wednesday will weigh whether to limit or even rule out taking race into account in college admissions.

The justices will be looking at the University of Texas program that is used to help fill the last quarter or so of its incoming freshman classes. Race is one of many factors considered by admissions officers.

The rest of the roughly 7,100 freshman spots automatically go to Texans who graduated in the top eight per cent of their high school classes.

The simplest explanation for why affirmative action is back on the court's calendar so soon after its 2003 decision in Grutter v. Bollinger is that the author of that opinion, Sandra Day O'Connor, has retired.

Her successor, Justice Samuel Alito, has been highly skeptical of any use of racial preference. THE ASSOCIATED PRESS

School statistics

- More than eight in 10 African-American and Latino students who enrolled at the University of Texas flagship campus in Austin last year were automatically admitted, according to university statistics.

He is or isn't. N.Y. court mulls if gang member is homegrown terrorist

In August 2002, a New York City street gang crashed a christening party, shouted out their superiority, confronted a rival and started a fight that left a 10-year-old girl dead and someone else paralyzed.

On Tuesday, New York's top court will consider whether one of the gang members is a homegrown terrorist.

Edgar Morales, a member of the Mexican-American gang the St. James Boys, sought to intimidate an entire population and deserves more prison time than others convicted of the same crimes, Bronx prosecutors say. They got him convicted for the shooting death in 2007 under the state's anti-terrorism statute, the first case of its kind in New York.

"Violent crime committed by a street gang constitutes a crime of terrorism ... when it is motivated solely by the intent to establish a gang's 'street credentials' as the toughest Mexican gang in the Bronx," because those crimes are intended to intimidate or coerce a civilian population, prosecutors argue in a court filing.

They applied a statute that New York lawmakers passed just six days after hijackers crashed two jetliners into the World Trade Center towers on Sept. 11, 2001, killing nearly 3,000 people.

Now 30, Edgar Morales was accused of firing five shots during the August 2002 fracas outside the christening party at a church, killing bystander Melany Mendez. He was convicted of manslaughter, attempted murder, weapon possession and conspiracy — each count enhanced in seriousness by the anti-terrorism law. He was sentenced to 40 years to life in prison.

On appeal, the mid level Appellate Division said he's no terrorist under the statute and deserves resentencing. That would lower the maximum to 25 years. THE ASSOCIATED PRESS

Court of Appeals

- The Court of Appeals will hear the case Tuesday in Manhattan. Its ruling is expected next month.

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CBC Toronto explores the causes behind this summer's rash of shootings and raises community solutions to make our neighbourhoods safer.
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Turkish jets strike Kurdish rebel targets

Source says. No deaths reported — Kurdish rebels fighting for self-rule in Turkey's southeast are considered a terrorist organization by U.S. and EU

Turkish jets have struck suspected Kurdish rebel targets in two separate cross-border raids in northern Iraq, a Turkish news agency reported Monday, prompting Iraq to vow to take "diplomatic" steps against Ankara for violating its sovereignty.

Turkey has frequently struck targets of the autonomy-seeking Kurdistan Workers' Party, or PKK, in northern Iraq. But with relations between Turkey and Iraq deteriorating, Baghdad recently warned Turkey against military operations on its territory.

Ties between Ankara and Baghdad have reached a low over a Turkish decision to shelter Iraq's former Sunni vice-president, even after a Baghdad court sentenced him to death for running death squads. Turkey also started importing crude oil from northern Iraq under a deal with the Iraqi Kurdish administration that has angered Baghdad.

In August, Iraq accused Turkey of interfering in its internal affairs after Foreign Minister Ahmet Davutoglu paid a surprise visit the northern Iraqi city of Kirkuk, seen as a testing ground for whether Iraq's sectarian leaders can reach reconciliation.

Turkey's private Dogan news agency said the warplanes on Sunday targeted four rebel bases and anti-aircraft batteries along the border with Turkey and on Mount Qandil, on the Iraqi-Iranian border. The agency said more than 12 F-16 fighter jets took part in the operations.

THE ASSOCIATED PRESS

Word from Iraq

"Turkey should respect the principles of good neighbourhood ... These Turkish attacks on Iraqi territories are not acceptable and we will take the necessary diplomatic measures."

Iraqi government spokesman Ali al-Dabbagh

Human Rights Watch

Rights group says Egypt's latest draft of constitution curbs freedom

An international rights group has urged the panel writing Egypt's new constitution to amend an article in the draft charter that doesn't prohibit torture or trafficking in women and children.

Another article seeks to install Al-Azhar, Egypt's premier Sunni Islamic institution, as the sole body authorized to interpret religious laws, effectively giving it a vetting legislative role over all laws to determine if they are in line with its interpretation of Islam.

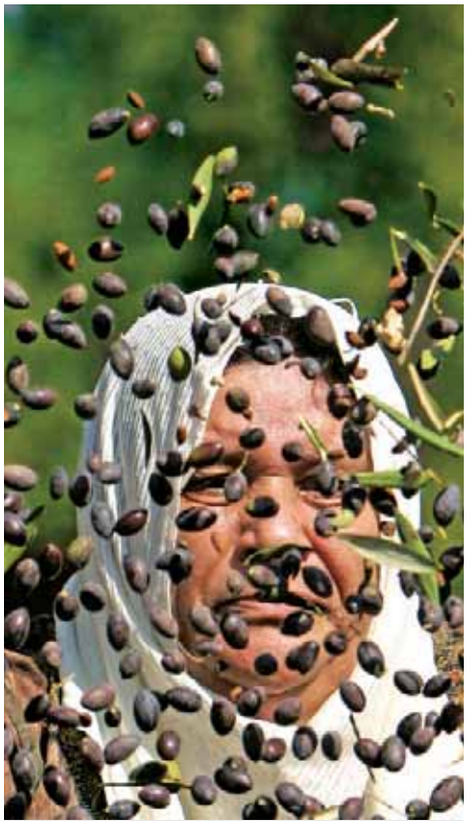
THE ASSOCIATED PRESS

Uranium for weapons?

Iran has capability to make nukes in a few months: Expert

Iran could produce enough weapons-grade uranium to arm a nuclear bomb within two to four months, says a U.S. think-tank.

The international community fears Iran may turn its uranium enrichment program toward weapons making — a concern that is growing as it expands the number of machines used to enrich its stockpile of the metal. THE ASSOCIATED PRESS



Olive harvest shakes things up

A Palestinian woman sorts olives during the olive harvest in the West Bank village of Kabatyeh, near Jenin on Monday. Palestinians began to harvest olives in October, a staple for many local farmers that also use them to make oil.

MOHAMMED BALLAS/THE ASSOCIATED PRESS

Penn State scandal. Jerry Sandusky set to stress his innocence at sentencing

Jerry Sandusky's lawyer said Monday "it's as certain as certain can be" that the former Penn State assistant football coach will address the judge and assert his innocence before he is sentenced on 45 counts of child sexual abuse.

Nobody else is expected to speak on Sandusky's behalf during the sentencing hearing Tuesday in Bellefonte, Pa., defence lawyer Joe Amendola said.

"What I anticipate he'll say is that he's innocent," Amendola said outside the courthouse.

The lawyer said others, including Sandusky's wife, have submitted letters on his behalf and that Dottie Sandusky stands by her husband and will attend the sentencing.

"He's going to fight for a new trial," Amendola said. He said "the important thing" about sentencing for the defence "is it starts the appellate process."

A privacy tunnel is erected Monday at the Centre County Courthouse in Bellefonte, Pa. THE ASSOCIATED PRESS

Sentencing is expected to begin with a hearing to determine if Sandusky qualifies as a sexually violent predator under Pennsylvania's version of Megan's Law, after which Sandusky will be sentenced.

THE ASSOCIATED PRESS

Tate museum. Man arrested after declaring he defaced Rothko mural

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism."

Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti. According to an online manifesto, Yellowism is an artistic movement run by Umanets and another person.

Earlier Monday, Umanets told Britain's Press Association news agency that he wanted to draw people's attention to his movement, which he described as "an element of contemporary visual culture."

"The ... difference between Yellowism and art is that in art you have got freedom of interpretation. In Yellowism you don't have freedom of interpretation, everything is about Yellowism," he said.

THE ASSOCIATED PRESS

Quote

"I didn't destroy this picture, I put something new."

Vladimir Umanets

Russia

Don't drink kefir and drive?

Russia's top health official said Monday that drinking and driving don't mix — even when the drink in question is kefir, a fermented milk beverage containing less than one per cent alcohol.

The comments by Gennady Onishchenko, Russia's chief sanitary inspector, sparked an outburst of criticism and ridicule on Twitter. Dozens of users circulated a picture of a glass of kefir with the caption, "Kefir? NO! I'm driving!"

Officials have been scrambling to condemn drunk driving since an intoxicated driver in September killed seven people, including five orphans, after crashing into a bus stop in Moscow.

Some lawmakers have proposed life sentences for drivers who cause death while under the influence. One has said drunk driving is a bigger threat than terrorism.

Getting drunk off kefir is practically impossible.

The comments mark an about-face for Onishchenko, previously a staunch supporter of kefir.

THE ASSOCIATED PRESS

Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS

Skydiver to try record free fall

Extreme sport. 'Fearless Felix' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 kph was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

And while he and his team of experts recognize the worst-case scenarios — including "boiling" blood and exploding lungs — they have confidence in their built-in solutions. Those solutions are something NASA is watching closely. The space agency is interested in the potential for escape systems on future rocket ships.

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids, a condition known as boiling blood.

There are also risks he could spin out of control, causing other problems.

THE ASSOCIATED PRESS

Retirement

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.
- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

U.S. border agent killed by colleagues

Mourners at the funeral for U.S. Border Patrol agent Nicholas Ivie on Monday. BENJIE SANDERS/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

The U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire on two fellow agents thinking they were armed smugglers and was killed when they returned fire, the head of the Border Patrol agents' union said.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents but was killed in the return fire.

"I don't know what it was he saw or heard that triggered this whole event," McCubbin said. "Unfortunately it resulted in his death and another agent injured."

The shooting occurred in a rugged hilly area near the border close to Bisbee, Arizona, an area known for illegal trafficking.

THE ASSOCIATED PRESS

People walk past a mural depicting Venezuela's President Hugo Chavez, in Caracas, Venezuela, Monday. Chavez won re-election and a new endorsement of his socialist project Sunday. RODRIGO ABD/THE ASSOCIATED PRESS

Venezuelans give Chavez 6 more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

Venezuelans awakened on Monday to the prospect of another six years under President Hugo Chavez as the leftist president's supporters celebrated his victory against a youthful rival and a galvanized opposition pledged to build on its gains.

Chavez emerged from Sunday's vote both strengthened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

With a turnout of 81 per cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

Voter

"Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings

Indonesia

Strong quake hits eastern province

A strong earthquake shook parts of eastern Indonesia on Monday, sending residents and hotel guests running out of their rooms, but there were no immediate reports of damage or injuries.

Indonesia's meteorology and geophysics agency said there was no danger of a tsunami.

The U.S. Geological Survey said the magnitude 6.3 quake was centred 139 kilometres southeast of Ambon, the provincial capital of Maluku.

THE ASSOCIATED PRESS

Van der Sloot. Killer says his girlfriend's pregnant

A newspaper reported Monday that Joran van der Sloot, a Dutch man who is serving a 28-year-sentence for killing a young Peruvian woman in 2010, says he is going to be a father. His attorney said the inmate does have a conjugal visitor, a woman named Leidy Figueroa Uceda.

Van der Sloot is a suspect in the 2005 disappearance of U.S. teenager Natalee Holloway. He could resist extradition to the United States if he obtains Peruvian nationality. That would be a possibility if he becomes the father of a Peruvian child or if he marries a Peruvian citizen.

THE ASSOCIATED PRESS

Dutch citizen Joran van der Sloot is escorted by Peruvian police in June 2010. THE ASSOCIATED PRESS FILE

Environment Canada

Officials blamed for doing their job

Prime Minister Stephen Harper sharply rebuked Environment Canada bureaucrats last year for overstepping their authority. But a 600-page internal file obtained by The Canadian Press shows the officials had in fact received a green light from senior levels at Environment Canada.
THE CANADIAN PRESS

Traffic accident

Speed trap turns deadly for officer

A Quebec provincial police officer has died from injuries suffered during a speed-trap operation north of Montreal. Donovan Lagrange, 33, was struck on the side of a highway Saturday afternoon while walking back to his own vehicle after pulling over a car near Bois-des-Filion.
THE CANADIAN PRESS

Benefits plan

Aboriginal health claims under fire

Several pharmacies have come under scrutiny from the company that handles claims made to the aboriginal health-benefits plan, documents show. Express Scripts Canada raised questions about claims with mismatched paperwork, unauthorized prescriptions and high dispensing fees.
THE CANADIAN PRESS

Francophonie Summit

Harper to meet Quebec premier

Prime Minister Stephen Harper will come face-to-face this week with Pauline Marois for the first time since she was elected premier of Quebec. The two leaders will both be travelling to the Democratic Republic of the Congo for the Francophonie Summit.
THE CANADIAN PRESS

Beef recall

CFIA to assess Alberta plant

The Canadian Food Inspection Agency (CFIA) says it will be conducting a detailed assessment of the Alberta processing plant at the heart of a massive tainted-beef recall. The CFIA says the assessment will determine if XL Foods Inc. has fixed the problems uncovered by the agency. THE CANADIAN PRESS

Suspected theft

Tall ship takes surprise voyage

Police are looking for suspects after a tall ship took an unexpected voyage in the Halifax harbour. Police say they received a call from the owner of the tall ship Silva early Monday, who alleged the vessel was intentionally set free from its mooring. The Silva has since been retrieved. THE CANADIAN PRESS

Delays likely in suspect's extradition

Triple-homicide charges. Quebec man on the run captured in Florida after police chase

Justin Bresaw CONTRIBUTED

A man who was captured in Florida and is facing charges for a triple homicide in Quebec may not be brought back to Canada any time soon.

Quebec provincial police filed a request to have Justin Bresaw extradited but it's not clear when he will be returned to Canada.

"Right now, Mr. Bresaw is detained in Florida and he's facing charges (down) there," police spokesman Marc Tessier said Monday. "After the due process is done in the United States, he will be brought back here to face charges of a triple murder here in Canada."

The 35-year-old Bresaw was the subject of a Canada-wide arrest warrant and an alert by Interpol after a house fire last month in Amos, a town in northern Quebec.

He is facing first-degree murder charges in relation to the two men and a woman found dead in the home.

After eluding police for more than two weeks, Bresaw was spotted in Tallahassee, Fla., on Sunday, charging a laptop in an electrical outlet behind a church.

An officer who tried to arrest Bresaw was left with a gash on his face and a broken nose after he fell into a metal support beam during a tussle, David Northway, a spokesman for Tallahassee police, said.

Bresaw is facing charges in Florida that include resisting an officer with violence and battery on an officer.
THE CANADIAN PRESS

Being clingy is a good thing during wife-carrying contest

The crowd reacts to Chad Mars' slippery footing as he enters the water hazard carrying Caitlin Haynes on Saturday at the 2012 North American Wife Carrying Championship in Newry, Maine. Mars ended up falling but was able to regain his composure quickly, and the two finished with a time of 1:20.99, putting them in 22nd place. The event features men carrying women on their backs while negotiating an obstacle course featuring hurdles, sand traps and a water hazard. The event is inspired by Finnish folklore, and the carrying method is up to the couple. AMBER WATERMAN/THE ASSOCIATED PRESS

One dead. Plane crashes into lake west of Ottawa, investigators en route

Ontario Provincial Police say one person is dead after a small plane crashed into a lake near Calabogie, about two hours west of Ottawa.

The single-engine Socata TBM 700 plane reportedly went down just before 12:30 p.m. Monday.

The identity of the person killed has not been released.

Sgt. Kristine Rae says officers are going to the crash site via ATVs due to its remote location.

Initially, an Ornge rescue air ambulance had also been dispatched but it has since been cancelled.

Investigators with the Transportation Safety Board are en route.
THE CANADIAN PRESS

Impact

Provincial police say that the plane was "blown apart" upon impact.

Brain music. Research turns emotion into sound

If raw, unbridled emotion is behind some of the world's best music, then researchers may be on to something with a musical performance drawn directly from nerve activity in the brain.

An artist at Montreal's Concordia University and a neuroscientist in Australia have collaborated on a project that records emotional response in the body and turns it into music.

Vaughan Macefield, a professor at the University of Western Sydney, came up with a way to measure nerve activity through a single neuron.

His research team injects a fine microelectrode needle into a peripheral nerve in the body that allows researchers to record electrical signals emitted from the brain.

These signals are compiled as data — and sent by email to Montreal as a raw collection of numbers.

Erin Gee at Concordia is creating a computerized system that uses experimental musical instruments to turn the numbers into a chorus of bells, producing music literally composed by feelings.
THE CANADIAN PRESS

Racist graffiti. Police treating it as hate crime

A Kanata homeowner is in shock after he came home early Saturday morning to see that someone had spray-painted "F–K NI–RS" and "KKK" on the front of his townhouse.

Philippe Savoie said Ottawa police came to his house around 3:30 a.m. to investigate and are treating the incident as a hate crime.

A large, black "X" now marks the front of his garage and his front door. The left side of the garage is also littered with profanity and two front lights are covered in spray-paint.

Quoted

"I don't understand. Me and my roommate, we're really quiet people. We don't have enemies or any fights with people."
Philippe Savoie, homeowner

He said his roommate, who was out of town Monday, is of Pakistani descent and has brown skin.
JOE LOFARO/METRO IN OTTAWA

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Popular male giraffe dies in Lodz zoo

Polish zoo. Animal that gained media fame after brutal attack dies during surgery

Tofik, a male giraffe who won sympathy in Poland after he lost his two female companions in the wake of an attack by hoodlums near their zoo enclosure, has died during surgery for digestive problems, zoo officials said Monday.

The five-year-old Rothschild giraffe died Sunday, said Magdalena Janiszewska, the head of the zoo in Lodz, some 120 kilometres west of Warsaw. His stomach condition is not believed to be related to the attack.

The loss is particularly poignant for the zoo. Two female giraffes that were with Tofik in his enclosure during the May attack died of complications because of the stress. "It is a very bad year for us," she said. "It is hard not to talk of bad luck."

After Tofik was left alone, zoo officials brought in three other giraffes to mate with him and keep him company, hoping that it would help his recovery. They had been doing well until he fell ill.

New management at the zoo would like to bring in a new male in due time, Janiszewska said.

THE ASSOCIATED PRESS

May attack

The endangered animals earned widespread media attention and compassion in Poland after hooligans tossed garbage cans and benches near their enclosure — frightening the normally skittish animals. In a nation that loves its creatures, the public was horrified that anyone would attack helpless zoo specimens.

Male Rothschild giraffe Tofik, left, and female giraffes brought to fill the void for him after two female partners died in an attack in the spring at the zoo in Lodz, Poland, on Aug. 16. MARIAN ZUBRZYCKI/AP PHOTO

Sharks circle whale carcass

A bird's shadow is cast on a beached whale carcass washed up on Muizenberg beach on the outskirts of Cape Town, South Africa, Monday. Beaches remained closed on Monday as disaster response teams attempted to recover the carcass amid an increase in shark activity. SCHALK VAN ZUYDAM/AP PHOTO

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Syrian casualties

An activist group said Monday the number of people killed in the conflict crossed the threshold of 32,000 over the weekend, and the pace is accelerating.

- The Britain-based Syrian Observatory for Human Rights said it counted 32,079 dead as of Sunday — among them 22,980 civilians and civilians-turned fighters, 7,884 members of the Syrian military and 1,215 army defectors fighting alongside the rebels.
- In the past week alone, more than 1,200 people were killed, according to the head of the observatory, Rami Abdul-Rahman, who said he only counts named victims or those whose death is verified by other means, such as amateur video.

Attacks on Turkey sending a deliberate message: Observers

Syrian conflict. Military intervention involving foreign powers still not on the table

Syria's cross-border attacks on Turkey in the past week look increasingly like they could be an intentional escalation meant to send a clear message to Ankara and beyond, that the crisis is simply too explosive to risk foreign military intervention.

With Turkey eager to defuse the crisis, the spillover of fighting is giving new life to a long-shot political solution, with the Turks floating the idea of making President Bashar Assad's longtime vice-president, Farouk al-Sharaa, interim leader if the president steps aside.

A military option — which would involve foreign powers that already have expressed a deep reluctance to getting involved — is still not on the table, analysts say, despite six consecutive days of Turkish retaliation against bombardment from inside Syria.

The Syrian conflict has taken a prominent role in the U.S. presidential election at a time when the U.S. and its allies have shown little appetite for getting involved.

On Monday, Republican candidate Mitt Romney said the U.S. should work with other countries to arm the Syrian rebels, allowing the rebels to drive Assad from power themselves. Romney did not call for the U.S. to directly arm the Syrian rebels.

The most recent flare-up between Syria and Turkey started Wednesday, when a shell fired from Syria slammed into a house in the Turkish border village of Akcakale, killing two women and three children. That set off the most serious and prolonged eruption of violence along the frontier since the uprising began nearly 19 months ago.

Although it was not clear whether Wednesday's shelling was intentional, Turkey responded swiftly by firing back and convening parliament for a vote that authorized further cross-border military operations if necessary.

Turkish Prime Minister Recep Tayyip Erdogan cautioned Damascus not to test Turkey's "limits and determination." But the Syrian shelling has continued every day — leading many observers to conclude the acts are intentional provocation.

"It's not an accident. You can't send shells across the border by mistake five days in a row," said Mustafa Alani, a Middle East analyst of the Geneva-based Gulf Research Center, just hours before Syrian shelling struck Turkey for a sixth day.

There have been no other reports of casualties from the shelling since Wednesday's deaths.

According to Alani, escalating the crisis serves as a reminder to NATO, Turkey and the West that Syria's civil war can inflame the region with lightning speed. The threat of a spillover is likely to pressure Western powers into drafting a political solution, part of which could involve Assad's exit from power, rather than his being toppled by force.

A political solution, Alani said, could prevent Assad "ending up like Gadhafi."

Libyan leader Moammar Gadhafi was captured and killed by rebels on the outskirts of his hometown of Sirte last year, and his corpse was put on public display in a refrigerated locker for several days.

While Ankara maintains that the shells are coming from the regular Syrian army, Paul Salem of the Carnegie Middle East Center, a Beirut-based think-tank, did not exclude the possibility of "other sources, a rebel unit, firing across the border, trying to create conditions for Turkey to intervene in Syria." THE ASSOCIATED PRESS

Quoted

"Syria is aware that Turkey cannot go a step further.... The Turkish people don't want a war and there are no vital national interests at stake to warrant a war. Syria sees this."

Ali Tekin, assistant professor of International Relations at Ankara's Bilkent University.

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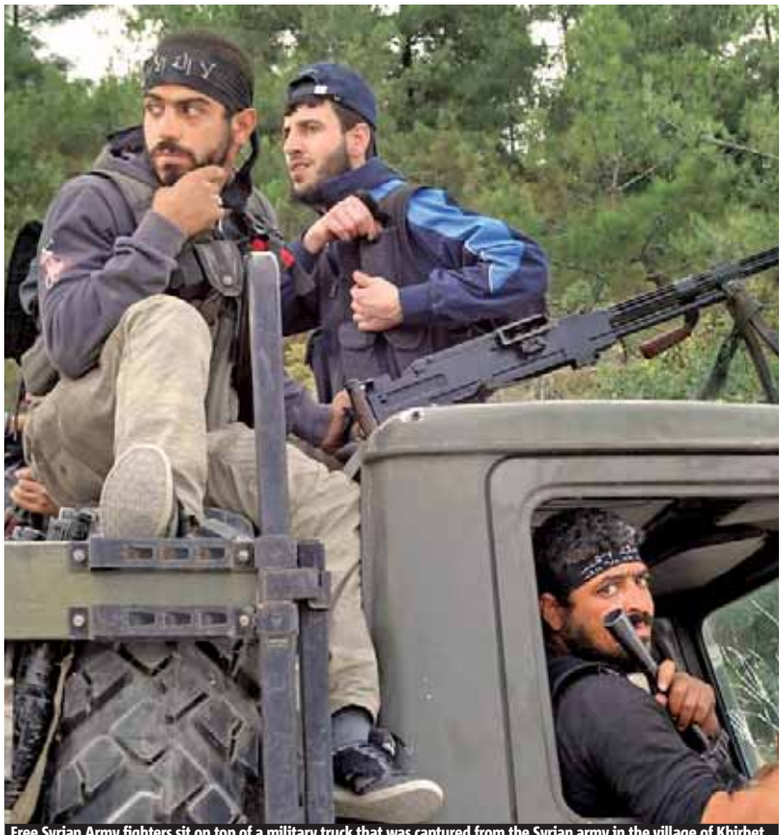

Free Syrian Army fighters sit on top of a military truck that was captured from the Syrian army in the village of Khirbet al-Jouz, in the northern province of Idlib. The Turkish state-run Anadolu news agency said Sunday that the rebels had regained full control of Khirbet al-Jouz. EDLIB NEWS NETWORK/THE ASSOCIATED PRESS

Power-broker

Turkey now a major critic of Assad regime

An elderly woman, who fled her home due to fighting between government forces and rebels, chants "Allah" inside her tent at a refugee camp near the Turkish border, in Azaz, Syria, Sunday. MANU BRABO/THE ASSOCIATED PRESS

Turkey, which shares a 911-kilometre frontier with Syria, nearly went to war with its neighbour over Syrian support for Turkish Kurdish rebels in the 1990s. The relationship improved dramatically since Bashar Assad came to power in 2000, and the two countries reached out to build economic ties. But now, Turkey has become one of the most vocal critics of the Assad regime, accusing it of savagery.

The rebels who are trying to bring down Assad have used Turkey as their base, enraging the regime.

Turkey became a regional power in the past decade, backed by a growing economy, emerging democratic credentials and historical and cultural links to neighbours. It pursued pragmatic links with authoritarian leaders, but shifted to a pro-democracy position as uprisings swept the Middle East.

From the outset of the Syrian crisis, Turkey has tried to position itself as a major player and power-broker — something some observers say was a miscalculation based on overconfidence in Ankara's influence over Damascus.

As recently as April, Davutoglu told Parliament that Turkey "will continue to guide the wave of change in the Middle East."

On Monday, Turkish President Abdullah Gul pushed for a Syrian transition, warning that "the worst-case scenario we have all been dreading" is unfolding in Syria and along its borders.

"Sooner rather than later there will be change, a transition," he told reporters in Ankara. "Our only hope is that this happens before more blood is shed, and before Syria self-destructs more than it already has."

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Philadelphia. Wedding brawl causes mayhem

A man was charged in connection with a large fight that broke out among people attending two different wedding receptions in downtown Philadelphia during the weekend, police said Monday.

The fight, which was caught on video and quickly spread online, happened early Sunday at a hotel in the Society Hill neighbourhood and involved dozens of people in formal attire.

A 57-year-old suffered a fatal heart attack outside the reception, police said, but authorities don't know if he was involved in the fights. Dozens of police were called in.

One of the people involved, Matthew Sofka, 26, of Westfield, N.J., was being charged with aggravated assault, simple assault and other counts in connection with the fight.

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Fugitive apprehended

Salvador Alfonso Martinez Escobedo, also known as "Squirrel," waves goodbye to the press corps as he is led away after his presentation to reporters at the Organized Crime Special Investigations Unit headquarters in Mexico City, on Monday. MARCO UGARTE/THE ASSOCIATED PRESS

Mexico. Suspected Zetas cartel leader seized by navy over series of charges, including the massacre of 72 migrants

The Mexican navy nabbed a suspected Zetas cartel leader accused of involvement in some of the country's most notorious crimes in recent years, authorities said Monday.

Navy spokesman Jose Luis Vergara announced that Salvador Alfonso Martinez Escobedo was arrested Saturday and is believed to have masterminded the massacre of 72 migrants in the northern state of Tamaulipas in 2010.

The man known as "Squirrel" also has been linked to the escape of 151 prisoners in 2010 from a jail in the city of Nuevo Laredo, the recent flight of 131 prisoners in the city of Piedras Negras and the killing of U.S. citizen David Hartley in 2010 on Falcon Lake, which straddles the U.S.-Mexico border.

Quoted

"We heard the news this morning. We're just trying to process the information." Cynthia Young, mother of widowed Tiffany Hartley

The death of Hartley drew wide attention as it appeared Hartley and his wife, Tiffany, were on a personal trip when he was shot by Mexican criminals on Sept. 30, 2010. The Hartleys were using personal watercraft on Falcon Lake when David Hartley was shot in the head.

Asked about the detention, Tiffany Hartley's mother, Cynthia Young of LaSalle, Colorado, said: "We heard the news this morning. We're just trying to process the information. What we're going to try to do is get a hold of some facts and make sure we know what's happening," Young said. She said the family could issue a statement once more information is known. The navy is also blaming Martinez for the killing of the Tamaulipas state police commander and chief investigator on the case, an attack that hampered the investigation.

Vergara said Martinez was captured in Nuevo Laredo, across from Laredo, Texas. He was shown to the news media Monday.

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Ways to lower car insurance rates at any age

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Auto insurance is a major expense in a household budget. While it's mandatory to have insurance, overpaying is not necessary. There are simple ways of getting a more affordable auto insurance rate, regardless of age or driving experience.

NEW DRIVERS
Use of a 'good student discount' is one way to save on insurance for a young driver. Many insurance companies offer a discount for students who carry a minimum required grade average. Another way to save is by taking a driver education course from an approved school; to learn the rules of the road. Be sure to inquire about these options, as they may not always be advertised.

DRIVERS OVER 25
There may have been some improvement in yearly premiums for drivers with some driving experience. Don't forget to also ask about further discounts. These may include: installing a security system, driving an eco-friendly car, or installing safety features such as winter tires. If recently married, combine policies with your spouse and take advantage of bulk discounting by having more than one car insured with the company.

EXPERIENCED DRIVERS
An experienced driver with a good driving record may be eligible for better insurance rates; the key is to find the insurance company that will offer the lowest rate. Shopping around for car insurance is the easiest way to find a better way. Other ways to save include changing your deductible – perhaps carrying a higher deductible; or, combining home and auto insurance policies with the same insurance company.

DRIVERS OVER 55 YEARS
Mature drivers over 55 years old may qualify for some of the best rates available. Some insurance companies across Canada specialize in getting the best rates for mature drivers. There are also retirement benefits to keep in mind: no commute distance may mean a lower rate. Make sure the insurance company changes the commuting status to pleasure use.

No matter how old you are, it is always a good idea to shop around for a better rate. Quoting sites like **ComparaSave.com** help drivers find the lowest insurance rate available within their network of over 30 insurance companies.

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Platinum producer 'promotes racism,' says South African mineworkers union

Tensions deepen. About 80,000 miners, or 16 per cent of South Africa's total mine workforce, are currently on strike across the country

Turmoil in other sectors

- Some 20,000 truckers demanding a 22 per cent pay raise are currently staging a strike that threatens the supply of gas and groceries.
- The striking truckers now say they might intensify their campaign by inviting rail and port workers if employers do not meet their wage demands.

Striking mineworkers take part in a demonstration in Rustenburg, South Africa, on Saturday. A leader for striking workers at Anglo American Platinum mines said they would make it difficult for the company to hire new labourers, after it fired some 12,000 miners who staged a wildcat walkout. THE ASSOCIATED PRESS

The National Union of Mineworkers accused Anglo American Platinum Monday of "racism" as the impasse between striking miners in South Africa and the world's top platinum producer escalated.

The NUM alleged that its leader in Rustenburg, the scene of a wildcat strike that brought Amplats' operations to a halt, was called derogatory names by the company's security officials at its Swartklip Union mine in Limpopo province. The official was racially abused Monday together with a journalist for the South African Broadcasting Corporation, the union charged in a statement.

The union's attempts to intercede on behalf of miners fired last week by Amplats had been thwarted, said NUM spokesman Lesiba Seshoka.

"It has become very clear that the company promotes racism through procuring security and other services from racists and their companies and that it has no intention to empower African people," Seshoka said. "The company has a week ago embarked on mass dismissals and was in the process of doing the same at Swartklip when the NUM leaders sought to intervene and speak to members only to be met with imported racism of a special type."

Mpumi Sithole, a spokeswoman for Amplats, declined to comment on the matter.

Amplats, a subsidiary of the London-listed Anglo Platinum, last week dismissed 12,000 miners for staging a wildcat strike and later failing to attend disciplinary hearings. The mineworkers have since threatened to make the mines ungovernable, saying it will be impossible for the company to hire new workers.

The miners are determined to fight for their jobs, said strike leader Evans Ramokga Monday.

About 80,000 miners, or 16 per cent of South Africa's total mine workforce, are currently on strike across South Africa in work stoppages that have serious economic implications for South Africa. The labour unrest is damaging the country's reputation as an investment destination, say economists. South Africa produces 75 per cent of the world's platinum and is the No. 4 chrome producer and the fifth-biggest gold producer.

There seems to be no end in sight to the turmoil, which originated in the platinum sector and has since spread to gold, coal and iron ore mines as well as to the road freight sector.

THE ASSOCIATED PRESS

Russian Roulette

One of my favourites songs. It's third down on my Top 25 playlist. I reached over to grab my MP3 player to select it. I looked away for less than a second. Less than a second! How did I not see the little girl standing there with her Mom? It all happened so fast. Feels like a nightmare but it's real. I played russian roulette with another person's life.

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50	$17	$13	$33	$24	$52	$36	$96	$67
55	$25	$19	$53	$37	$89	$66	$168	$123
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Rare disease steals chunks of teen's life

Sleep disorder. Little known about 'Sleeping Beauty' syndrome, which traps adolescents in extended slumbers

There was nothing sweet about Kaitlyn Terrana's 16th birthday. And she has virtually no recollection of her last birthday, her 17th, either. She slept through both of them.

At a time when the teenager should be living each day to the fullest, she is trapped in a roughly six-week cycle in which she has no choice but to take to her bed, slumbering for about 10 days at a time.

Kaitlyn has developed an extremely rare condition called Kleine-Levin syndrome, or KLS, and it is stealing her life away.

"Kind of like the day before, I start feeling really tired and it's really hard for me to focus in class," she says from her home in Hamilton, Ont. "And then after that, I'm just gone for 10 days. I have to sleep, I can't stay awake."

Her mom, Kathy Terrana, has to closely monitor Kaitlyn when she experiences one of these sleeping periods, saying her daughter can't be left alone.

"In the beginning of her episodes, she starts off being very, very tired," she says. "By late evening I can usually tell that, yes, she is starting an episode, because she doesn't talk, she doesn't converse with anybody.

"It's not very nice to say, but it's almost like she's a walking zombie, because when they're in their episodes they can be walking around but they don't know what's going on around them. So there's no empathy, there's no feeling whatsoever. She's in a complete fog."

Once an episode starts, Kaitlyn can easily sleep 20 or more hours at a stretch

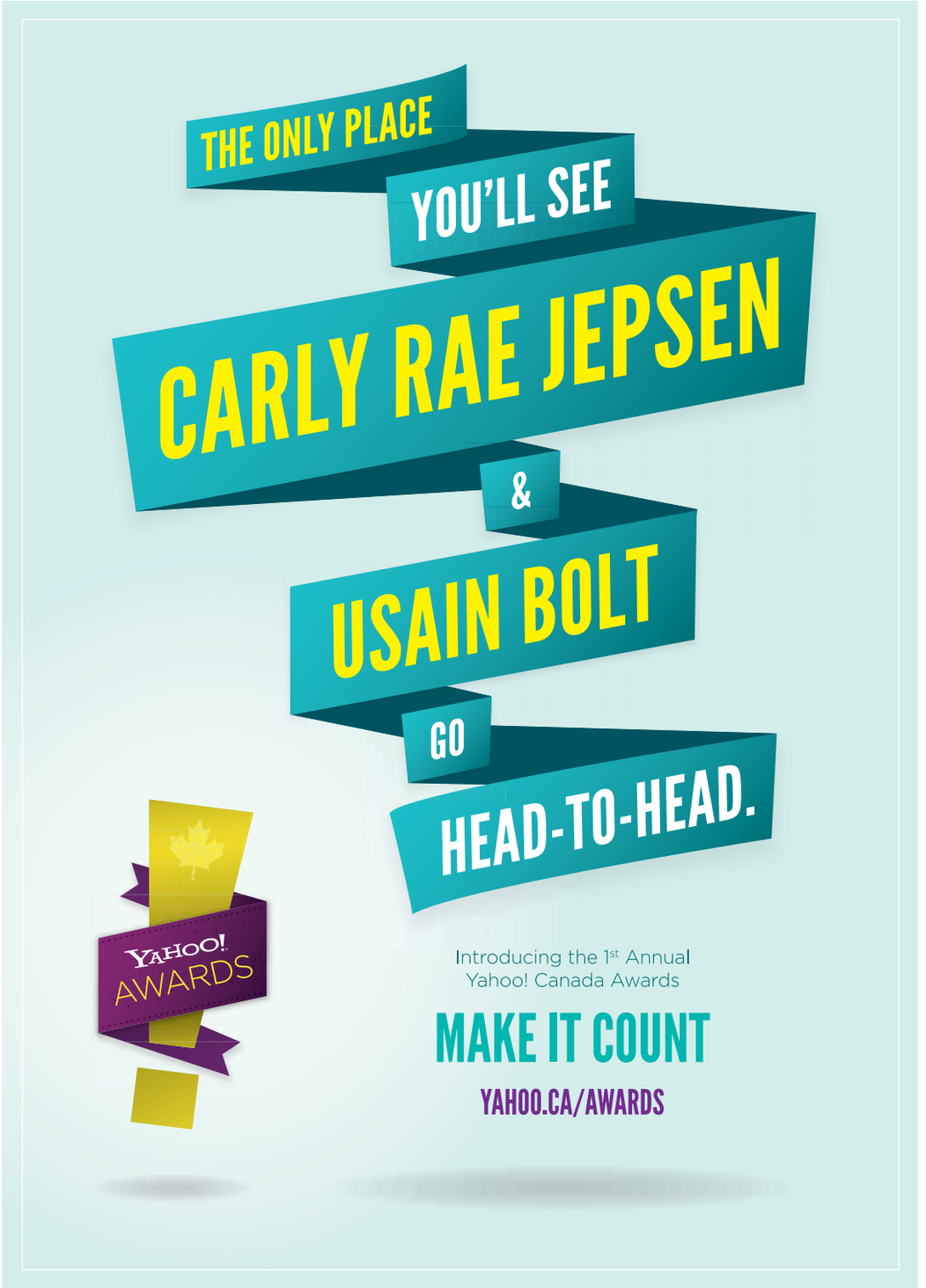
Little is known about KLS because the condition is so rare. Doctors don't know what causes it and there are no treatments or cure.

The syndrome affects at least twice as many boys as girls and onset is usually during adolescence. Typically, the episodes last from 10 to 15 years, then disappear as mysteriously as they began.

Kaitlyn had her first attack two years ago when she was 15.

THE CANADIAN PRESS

Kaitlyn Terrana, 17, poses in her bedroom at her family's home in Hamilton, Ont., Sept. 29. SHERYL NADLER/THE CANADIAN PRESS



Reprogramming cells. Nobel Prize awarded for groundbreaking discovery

Two scientists from different generations won the Nobel Prize in medicine Monday for the groundbreaking discovery that cells in the body can be reprogrammed to become completely different kinds, potentially opening the door to growing customized tissues for treatments.

The work of British researcher John Gurdon and Japanese scientist Shinya Yamanaka — who was born the year Gurdon made his discovery — has raised hopes of developing transplant tissue to treat diseases like Parkinson's and diabetes. And it has spurred a new generation of laboratory studies into other diseases, including schizophrenia, that may lead to new treatments.

Their work paved the way to making the equivalent of embryonic stem cells without the ethical questions that embryonic cells pose.

"Their findings have revolutionized our understanding of how cells and organisms develop," the Nobel committee at Stockholm's Karolinska Institute said in announcing the 8 million kronor ($1.2 million) award. It was the first of this year's Nobel Prizes, with five more awards to be announced by next Monday.

At the time of the initial findings, the discovery had "no obvious therapeutic benefit at all," Gurdon told reporters in London. "It was almost 50 years before the value — the potential value — of that basic scientific research comes to light."

In 1997, the cloning of Dolly the sheep by other scientists showed that the same process Gurdon discovered in frogs would work in mammals.

"The discoveries of Gurdon and Yamanaka have shown that specialized cells can turn back the developmental clock under certain circumstances," the committee said. "These discoveries have also provided new tools for scientists around the world and led to remarkable progress in many areas of medicine."

THE ASSOCIATED PRESS

Nobel Prize in medicine

- **Who won:** Britain's John Gurdon, 79, currently with the Gurdon Institute that he founded, and Japan's Shinya Yamanaka, 50, who worked at the Gladstone Institute in San Francisco and Nara Institute of Science and Technology in Japan. He is now at Kyoto University.
- **For what:** In 1962, the year Yamanaka was born, Gurdon showed that the DNA from specialized cells of frogs, like skin or intestinal cells, could be used to generate new tadpoles. In 2006, Yamanaka showed that mature cells could be turned back into primitive cells, which in turn could be prodded into different kinds of mature cells.
- **Significance:** The discoveries showed that the body's mature, specialized cells can be reprogrammed into stem cells — a discovery that scientists hope to turn into new treatments without destroying human embryos. Scientists want to harness the reprogramming to create replacement tissues for treating diseases such as Parkinson's, cystic fibrosis and diabetes, and for studying the roots of diseases in the laboratory.

Sri Lankan judges, lawyers boycott courts over assault

Angry response. Hundreds of Colombo lawyers and staff protest attack on outspoken judge

Sri Lankan judges and lawyers demonstrate next to a coffin that they said symbolized the death of judiciary. THARAKA BASNAYAKA/THE ASSOCIATED PRESS

Sri Lankan judges and lawyers boycotted courts on Monday to protest an assault on an outspoken judge, and hundreds of lawyers staged a demonstration demanding a thorough investigation into the attack.

About 500 lawyers and staff wearing black headbands marched in front of Colombo's court complex. They carried a coffin, saying the weekend attack on Judge Manjula Tilakaratne represented the death of an independent judiciary. Later, they burned the coffin. They held placards reading: "Stand up to protect the judiciary. Protect lives of judges. Arrest those who attacked a judge."

Tilakaratne, secretary of the Judicial Service Commission, which handles judicial appointments and transfer of judges, was attacked by four men on Sunday as he was in his car after dropping off his son at school. He sustained injuries to his face and right hand. Police said an investigation is underway. Protesters said Tilakararatne had irked the government with a statement two weeks ago complaining of outside influences on the commission's decisions.

A protesting lawyer, J.C. Weliamuna, said the attack was "unprecedented" and blamed the government. Another lawyer, Gunaratne Wanninayake, demanded that police conduct an impartial inquiry. THE ASSOCIATED PRESS

Zimbabwe. President Mugabe calls for tolerance in wake of PM's criticism

Zimbabwe's president wants his people to be tolerant of each other's views to allow for a free vote in proposed elections, he said on Monday.

President Robert Mugabe, officiating at the state burial of a former foreign minister, said political differences must be private and "not expressed in actions" that lead to violence. He called on Zimbabweans to follow the "virtues and discipline" of academic and veteran diplomat Stan Mudenge, who died Oct. 4 of heart failure at age 71.

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river. It's their business," Mugabe said.

Mugabe's remarks followed harsh criticism by Prime Minister Morgan Tsvangirai over the weekend about the presidential party's record of violence. Tsvangirai, in a shaky coalition government, described Mugabe as a hypocrite for "preaching peace by day" while his ZANU-PF party loyalists attacked opponents at night.

President Robert Mugabe TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

"We have politicians who shed crocodile tears like Mugabe," Tsvangirai said at a rally in the Zaka district, where his former opposition Movement for Democratic Change party has reported the country's worst upswing in political violence in recent months.

Tsvangirai said on Saturday he was giving Mugabe an ultimatum to end the violence or he would pull out of the coalition and elections planned for next year. He said he won't "step on dead bodies" to get elected as the country's president. Tsvangirai said elections can only be held when long-disputed constitutional and democratic reforms are in place and the rule of law is enforced. THE ASSOCIATED PRESS

Quoted

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river."

Robert Mugabe,
President of Zimbabwe

Ethiopia

Papers fold, blame government ban

Two weekly newspapers that have been critical of Ethiopia's ruling party have stopped publication because of government obstruction, the papers' publishers said Monday. The publishers are appealing to the country's newly appointed Prime Minister Hailemariam Desalegn to intervene.
THE ASSOCIATED PRESS

Tunisia

Protests oust leader

Tunisia's government has announced that the governor of Sidi Bouzid province, the birthplace of the country's recent revolution, has been dismissed after popular protests. The provincial capital, where the self-immolation of a frustrated fruit-seller sparked an uprising that overthrew Tunisia's long-ruling dictator, has seen weeks of protests.
THE ASSOCIATED PRESS

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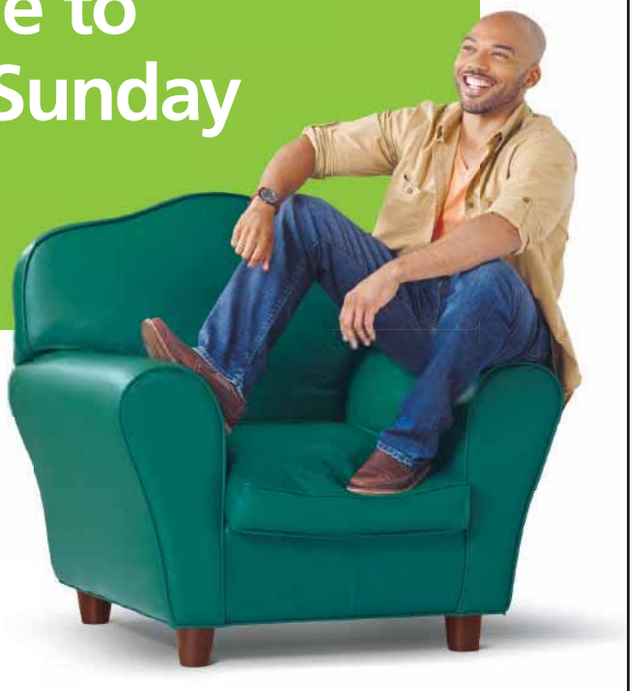

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Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based Freemantle-Media and the Netherlands' Endemol.

The Google Inc.-owned video site said Monday the new channels, with content from Britain, Germany, France, and the U.S., will be in addition to the 100 channels launched in the U.S. last year. Like the American offerings, the European channels will have a mix of celebrity-oriented, niche, and established programs. THE ASSOCIATED PRESS

Pop machines to display calories

Waist watch. Move by soft-drink firms comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally. THE ASSOCIATED PRESS

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

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Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms because they pose a national security threat to the U.S., the House Intelligence Committee warned in a report Monday.

The panel says U.S. regulators should block mergers and acquisitions in America by Huawei Technologies Ltd. and ZTE Corp, among the world's top suppliers of telecommunications gear and mobile phones. "China has the means, opportunity, and motive to use telecommunications companies for malicious purposes," says the report. THE ASSOCIATED PRESS

Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the company's cars and trucks, GM says. Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms. THE ASSOCIATED PRESS

This file photo shows a sign outside General Motors' car assembly plant in Oshawa, Ont. GM will hire up to 1,500 workers at a technology centre outside Detroit. THE CANADIAN PRESS FILE

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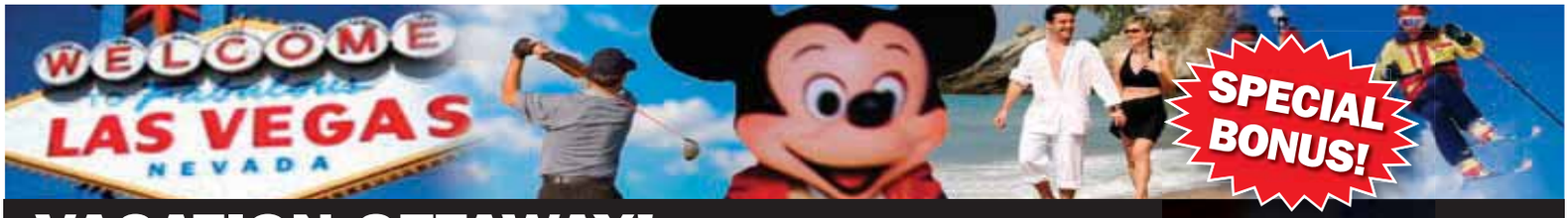

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WHEN LIFE GIVES YOU GENETICALLY MODIFIED LEMONS ...

SHE SAYS ...
Jessica Napier
metronews.ca

The glass is half full … no, really.

Every once in a while, my boyfriend — who tends to walk the line between "concerned partner" and "obsessive hypochondriac"— will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

"Egg yolks are good for you."

"No, wait! Stay away from egg yolks!"

"Just kidding, eat egg yolks all the time!"

These research studies are the medical equivalent of riled up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

Ignorance is bliss?

"Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people."

In her book The Optimism Bias, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our (somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

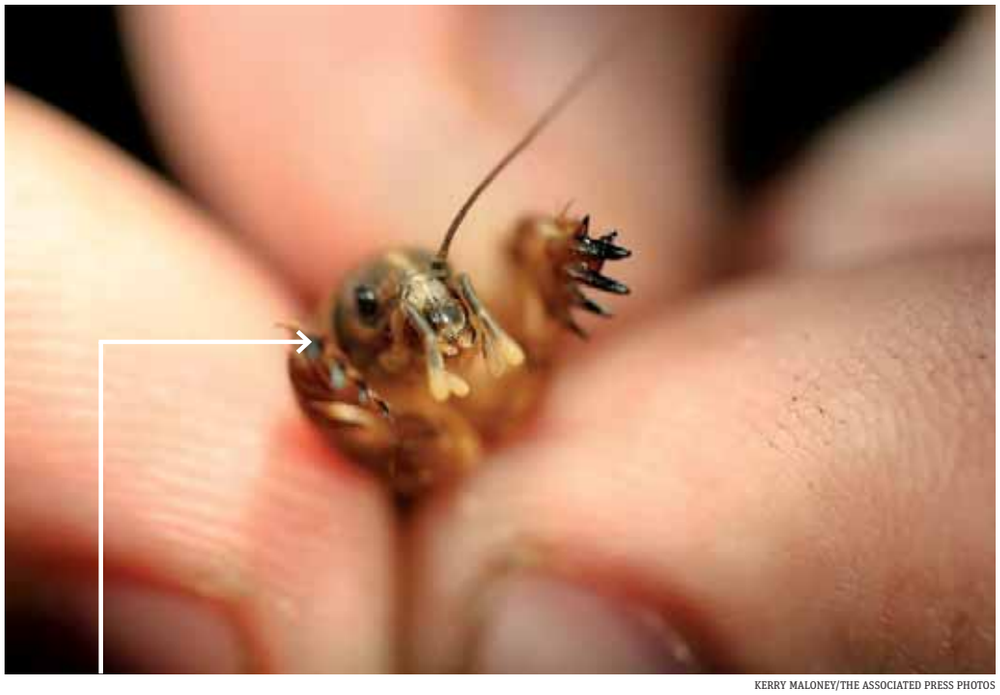
So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.

If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

Is something 'bugging' you?



KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

"We're just rolling the dice and hoping we have that really neat animal for as long as we can," Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

"They taste like soft-shelled crab."

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.

On a wing

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.

Zack Lemann holds a dragonfly in his mouth while collecting them for exhibits in Louisiana.

Metropolitan Panel

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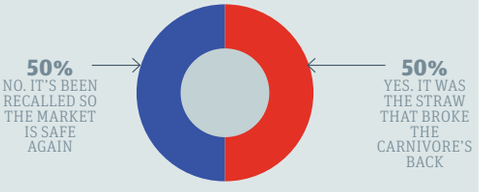
Has the latest recall scared you away from eating beef?



Twitter

@DanielKerr22: I'm thankful for the turkeys and ghosts that make this month the most interesting month to tweet about #thanksgiving

@melrolston: You can't use the electric knife, it's all finger work from here#ThatsWhatTheSerialKillerSaid #Thanksgiving

@Nani2593: "@msnmemories: Signing in and out to attract the attention of your crush. #MSNmemories" aaaalllllllllll the time hahahahaha

@breeynmccarney: More leftovers than you know what to do with? There are some people in Nathan Phillips Square that could really use some sandwiches.

@TheRafaMir: #IAmThankfulFor my mother's cooking skills

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Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?
(A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?
(A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?
(A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?
(A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga (a.k.a. Mr. Big)?
(A) Poisons him with a dart gun
(B) Throws him in the Louisiana bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

What drink does Bond order in the poker scene in Casino Royale? HANDOUT

Ursula Andress was the first Bond girl in Dr. No. HANDOUT

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?
(A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond toboggan down the snowy hill?
(A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?
(A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?
(A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?
(A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

Scorecard

Answers: 1. (b) 2. (d) 3. (b) 4. (a) 5. (c) 6. (d) 7. (a) 8. (d) 9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

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David Pomeroy, James Westman and Tamara Wilson. Photo: Michael Cooper. Creative: Endeavour

Who was the best Bond?

"I think, On Her Majesty's Secret Service would be my favourite Bond. It's a hell of a movie, it holds up very well. What I liked about it that we've tried to emulate in [Inception] is there's a tremendous balance of action, scale, and romanticism and tragedy and emotion. Of all the Bond films, it's by far the most emotional."

Christopher Nolan, director of The Dark Knight and Inception, talking in Empire Magazine about George Lazenby's turn as Bond.

"I think Roger is the best Bond, of course. Not just because of being my Bond, but because if you read the early Ian Fleming books describing him, that's how he was. He was a bachelor, unattached, he was luxurious, sophisticated, and he was not available for females so no long term relationships there. I think Roger really portrayed that."

Britt Ekland, Bond girl in The Man with the Golden Gun, talking to the Telegraph about Roger Moore.

Pierce Brosnan. HANDOUT

Roger Moore. HANDOUT

Do you have the heart of Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

KIERON MONKS
Metro World News

Our quiz will reveal how you measure up, but be warned: you could also be a lab technician.

You're stepping out to a VIP party — what are you wearing?
A) A smart outfit but not overdoing it — your face will do the rest
B) It's what I'm NOT wearing that matters
C) A cardigan to hide in
D) A graphite suit

You've woken up from the most wonderful dream. What was it about?
A) Dropping witty one-liners in high society
B) Being surprised with lobster for breakfast
C) Finding the Higgs Boson particle
D) WORLD DOMINATION

Damn — you missed your train. How do you react?
A) Run after it and nimbly scuttle aboard
B) Think 'what a tragedy for the passengers'
C) Wish time travel was real
D) Shout vile abuse at the driver

Your friend suffers a sprained ankle, what's your treatment?
A) What friend?
B) Prod them with a long stick, to check if they are alive
C) Put your field medic training to good use — you always keep a first aid kit handy
D) Laugh

Your house is burning down — what one item do you save?
A) Weapon
B) Mirror
C) Briefcase
D) Cat

Who is your hero?
A) Winston Churchill
B) Kim Kardashian
C) Isaac Newton
D) Captain Hook

What scares you most?
A) Honesty
B) Poverty
C) A mutant bacterial strain
D) World peace

What are you doing for your birthday?
A) Disappearing
B) P-A-R-T-Y
C) Feeling uncomfortable around your loved ones
D) Being obnoxious because you've earned it

What is your deadly sin?
A) Lust
B) Pride
C) Envy
D) Wrath

What are relationships for?
A) Ego
B) Money
C) Self-esteem
D) Ruthlessly exposing weakness

Tally

- **Mostly As.** Congrats! You are Bond, you charming sociopath!
- **Mostly Bs.** Do your collars and cuffs match? You are Bond girl.
- **Mostly Cs.** You are Q and will always prefer devices to people.
- **Mostly Ds.** Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

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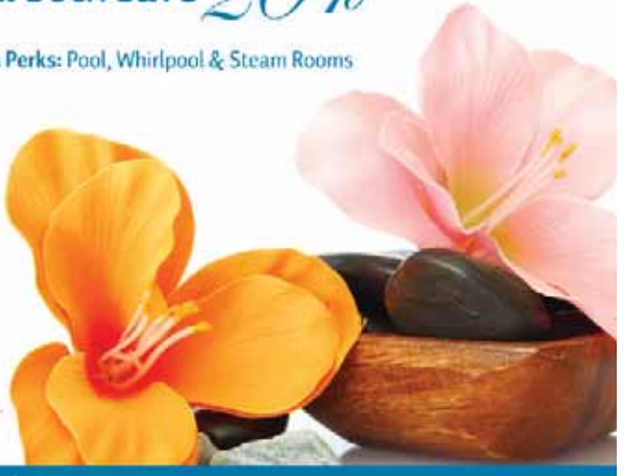

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From Breaking Bad to a break out CIA operation in Iran

Argo. Bryan Cranston talks about the unsung heroes of covert ops — and how he escaped growing a bad '70s shag for this role

NED EHRBAR
Metro World News in Hollywood

Bryan Cranston is a busy man. Aside from wrapping up his regular gig on Breaking Bad, the three-time Emmy-winner has been popping up in a lot of movies — seven in 2011 and six in 2012. In his latest, Argo, he teams with director and star Ben Affleck to present a decidedly positive view of the CIA.

You get off pretty easy as far as the '70s hair goes in this film, at least compared to your co-stars.
You know, Ben was asking me as we were going along, "How's the hair growing?" And it was growing out at the time. I shave it for Breaking Bad. I said, "If it's not as long as you think it should be, then we can put extensions in it. But it's coming! It's over the ears now," and that sort of thing. By parting it and swooping it, it was good. If there was anyone who had more conservative '70s hair, it would be someone at the CIA — an older guy during the 1970s, not so shaggy, not so unkempt. So it worked.

Argo opens this Friday. HANDOUT

You're dealing with playing someone high-up at the CIA, an organization that's not always portrayed that positively in film. But in this particular story, the organization is pretty heroic.
It's interesting. Normally you have a clear protagonist and antagonist in your movie. This wasn't clear. We know who the protagonist was, but who's the antagonist here? It really became that this ideology, this force of oppression, like a barometric pressure, like it's going to break open and rain if they don't get these guys out. But there were all kinds of splinter groups of protagonists, like the Hollywood component. And talking about the maligned CIA, well look at Hollywood! Hollywood is skewered all the time — and not undeservedly so at times. It's easy. And here you have two people from the "Hollywood industry" that for all intents and purposes are doing this out of the goodness of their hearts. There's no money being exchanged, there is no public recognition, there's no award, there's no nothing. All it is, is doing something to try to save six American lives.

That's a major theme of the film, that idea of doing this job with the full acknowledgment that you're not going to be recognized for it.
Exactly. And that's why I rebuke the idea that this was politically motivated. Because these men and women at the CIA were doing this knowing, believing that they would never be recognized for this. And that has to be OK.

DVD reviews

Prometheus

Director. Ridley Scott

Stars. Noomi Rapace, Logan Marshall-Green, Michael Fassbender

●●●○○

Prometheus valiantly asks the big questions — Who are we? How did we get here? — but then settles for banal answers. Director Ridley Scott diverts from a standard Alien prequel to muse about the spark of humanity, positing godlike activity in places far from heaven that his curious earthlings choose to visit. Their chariot is the trillion-dollar spaceship Prometheus, named for a reckless god. Scott's high motives take the low road when he gets to the yuck factor expected of all Alien movies, which now total five if you include Prometheus — and you should. A cool Michael Fassbender and warm Noomi Rapace make for inspired hires, saving the movie from its own excesses. Prometheus underachieves the awe but over delivers the ick. A lot more was promised, but pass the popcorn anyway. In space, no one can hear you whine. Extras are mostly Blu-ray, and depending on the package (there are three), they include a commentary by Ridley Scott, another by screenwriter Jon Spaihts and Damon Lindelof, plus deleted and alternate scenes (including alternate opening/ending).

PETER HOWELL

Rock of Ages

Director. Adam Shankman

Stars. Julianne Hough, Diego Boneta, Tom Cruise

●●●○○

Yes kids, there really was a time in the 1980s, just before the necessary corrective of grunge, when bands like Journey, Foreigner, Poison and Def Leppard were taken seriously. It was a decade when conjugating the verb "to rock," while dancing in leopard-skin pants and singing about small-town girls livin' in lonely worlds, was considered the height of cool, if not lyrical brilliance. So it's hard to be too hard on what director Adam Shankman has done with this screen adaptation of Rock of Ages, the Broadway hit musical that proved no material is too vapid for Broadway. He and his willing co-conspirators, including a cocky Tom Cruise, a castrating Catherine Zeta-Jones and a conniving Alec Baldwin and Paul Giamatti, gleefully go over the top together, trying to see who can out-camp the other in recreating rock's most embarrassing era. Don't stop believin' just how far they're willing to stand up and celebrate both themselves and the music. Extras include extended cut of the film (Blu-ray only), music videos and making-of featurettes.

PETER HOWELL

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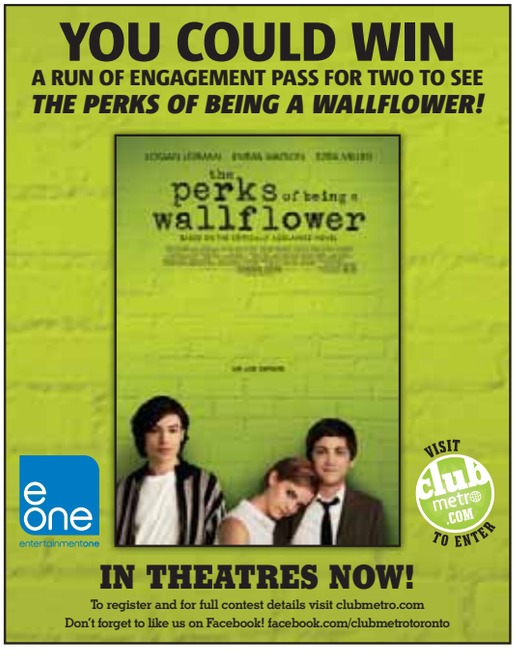
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

DeVito and Perlman: Goodbye to a long marriage of two short people

THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.

But none of the break-ups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny Devito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:
Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:
The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1

Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with. Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online. "John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so he wanted to keep her in his life, but it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly. "Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says.

"But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia." As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years. "They've both been married, so they've already experienced that and know what it entails," the source says. "It's something for down the road."

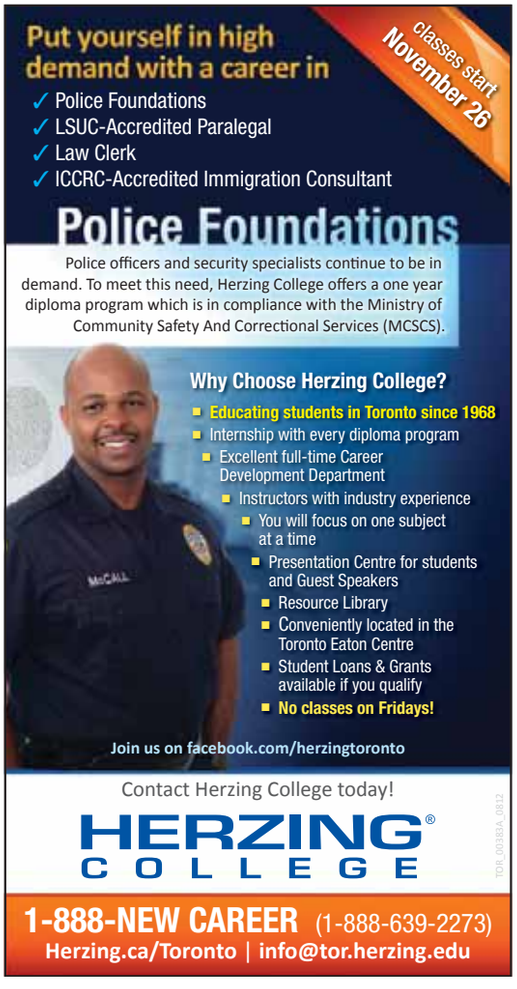
Twitter

@lindsaylohan
Girls Love Shoes!!!

@jimmykimmel
one thing about the sewer - it's jam-packed with super villains

@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant

@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?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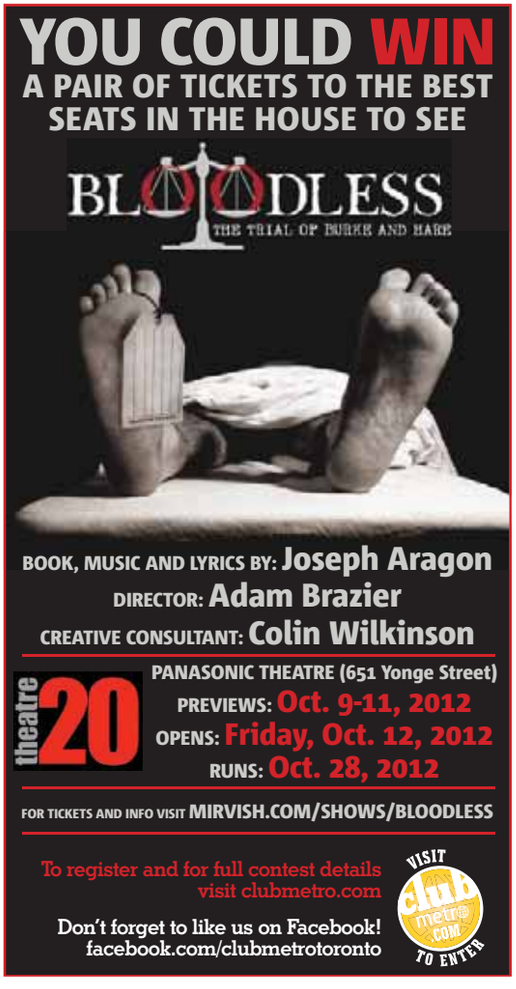
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Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA McGUINNESS
life@metronews.ca

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

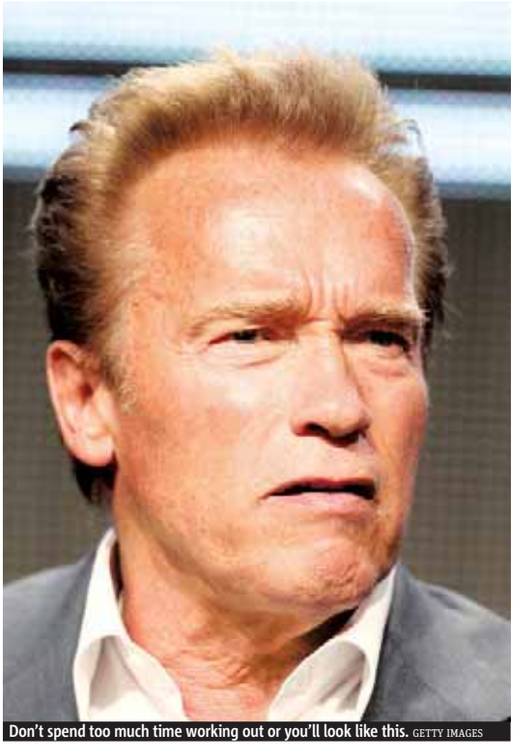
"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of Yoga Face. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.



Don't spend too much time working out or you'll look like this. GETTY IMAGES

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough.

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.

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The facial yoga workout

Get ready to roar, clench and squeeze some youth back into your face

Standing in front of a mirror.

1. LION FACE PART 1

Inhale through your nose and make fists. Clench your buttocks and squeeze all your facial muscles. Hold.

2. LION FACE PART 2

Release with a roar as you stick out your tongue and widen your eyes. Hold the tongue out and keep your eyes open for at least 10 seconds. Repeat two more times.

Benefits: This tones the whole face and reduces stress.

3.SURPRISE ME

Widen the eyes until you expose the whites completely. Keep the forehead and the rest of the face as neutral as possible. Look to the horizon at eye level and hold the wide eyes for as long as you can. They may water. Then, release and repeat several times.

Benefits: This pose will help remove eye and forehead crinkles.

4. BABY BIRD

Take the tip of the tongue to the roof of the mouth, smile and swallow. Repeat at right and left and center angles, careful to not crunch the neck. You may need to drink water as you will use a lot of saliva.

Benefits: This prevents the neck and chin from sagging by toning the jaw and neck.

5. MARIONETTE

This is good for the nasal labial folds. Press your fingertips on the levator labii and pulse up and down the muscles while exerting firm fingertip pressure. If you didn't have fingertips on there it would look like a bunny rabbit smelling something. This is a very specific isolation.

Benefits: It helps reduce the deep folds between the nose and the lips.

6. SMILING BUDDHA FACE

Close your eyes, wipe the face clean by imagining the Buddha's face superimposing over your own like a Photoshop layer. Consciously smooth the brow, eyes, and nasal labial folds by slightly dragging the corners of the mouth to the earlobes. Relax and hold for about a minute, gradually building this up to several minutes as a meditation.

Benefits: This will reset your facial habits. Most people don't realize they're grimacing and this pose helps offset those line-making expressions.

7. CROW, CROW FLY AWAY

Depress the crow's foot crease with your fingertip. Then wink with your lower eyelid. Use the fingertip pressure to tone the muscles and firm the skin around the orbital bone.

Benefits: It helps get rid of crow's feet. By exercising the muscles around your eyes, you're firming the skin to keep it from folding into itself, which creates wrinkles.

8. SATCHMO

Take in a breath through the nose, puff air from cheek to cheek until you run out. Then do it again about three times.

Benefits: This pose strengthens your cheek muscles and prevents them from becoming thinner and looking hollow.

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Breast cancer surgeries are becoming less invasive. ISTOCK PHOTOS

Improved outlook for breast cancer patients

Health science. Small advances to research and recovery have those affected living with a higher quality of life

CELIA MILNE
life@metronews.ca

Cure? Not yet.

While no one has hit a home run in curing breast cancer, there have been lots of base hits.

And that is very good news for women.

"Advances may be by themselves modest," says Halifax surgical oncologist Dr. Geoff Porter.

"But when you start adding them up, you see a 40 per cent reduction in breast cancer mortality."

Porter, who is the Ramia Chair in Surgical Oncology at Dalhousie University, says progress does not occur overnight.

"But there is no doubt the research in breast cancer has served patients well."

Metro asked Porter to name the top three advances in breast cancer treatment over the last five years.

The first is that doctors can better understand what medications are most likely to work, based on the genetic profile of the tumour.

"This tells us which patients benefit from which chemotherapy. Conversely, patients aren't getting exposed to something ineffective," says Porter.

Another advance is that breast cancer surgeries are becoming less and less invasive.

"Five or 10 years ago, women who were having surgery for breast cancer would routinely have a lot of lymph nodes in the underarm removed. In a lot women now, we can avoid that and have a much smaller procedure," says Porter.

The third advance is that women living with metastatic breast cancer — where the cancer has spread to other organs — are living longer and having a better quality of life.

"It makes the outlook for patients diagnosed with breast cancer much better," he adds.

By the numbers

40%

On balance, women with a breast cancer diagnosis in 2012 have on average 40 per cent less chance of dying of the disease, compared to 1986, says Dr. Porter.

From A to K. Breaking down what each vitamin can do for you

LINDA CLARKE
Metro World News

Which do you need? ISTOCK PHOTOS

It's easy to get overwhelmed just by standing in the vitamin aisle, so we asked Joan Salge Blake, a spokesperson for the Academy of Nutrition and Dietetics in the United States, to break down the letters for us.

Vitamin A

"This is needed for vision, cell differentiation and a healthy immune system," Salge Blake says. "You can get vitamin A from beta-carotene, which is found in carrots, cantaloupe and a lot of plants. Beta-carotene gives you a two-for-the-price-of-one effect, because it's a disease-fighting anti-oxidant, too."

Vitamin B

"There are multiple Bs and they're involved in metabolism and energy production. They also protect the nerves and prevent anemia," Salge Blake adds. "Pregnant women and women of childbearing age need adequate folic acid (to support spine and brain development). Older people produce less hydrochloric acid in their stomachs and can't process B-12 properly. Vegans need a B-12 supplement, because it's only found in meats."

Vitamin C

"C is one of the most overused supplements," she says. "People think that because the body excretes excessive vitamin C in the urine that you can't overdo it. But too much of any vitamin can be problematic. With all vitamins, I say, 'Some is good, more is not necessarily better.'"

Vitamin D

"This is essential for bone health. We get it through sunshine, but baking in the sun causes skin cancer. ... People who spend a lot of time indoors or who don't drink milk might need a supplement."

Vitamin E

"We know it best as an antioxidant. It protects cell membranes. We get it from a lot of vegetable oils and nuts."

Vitamin K

"This is the blood-clotting vitamin," Salge Blake says. "It's found in green vegetables, and if you eat the recommended four and a half cups of fruit and vegetables a day it should fulfill your needs."

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Location: Ryerson University, Health Intervention Research Center. Funded by the Canadian Institutes of Health Research

RYERSON UNIVERSITY

Trim down Asian fare with these Sweet 'n' Sour Meatballs

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7. g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer 10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The frozen truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).

3. Pizza

Whole grain thin crust pizza can be doctored with fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

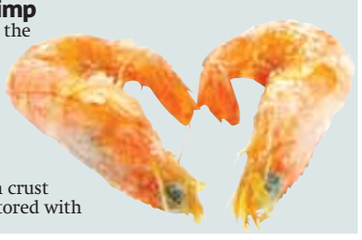
Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Changes to Holiday Shopping Regulations

On **October 16, 2012**, in **Committee Room 1, Toronto City Hall, 100 Queen Street West**, at **1:30 p.m.**, or as soon as possible after, the City of Toronto Economic Development Committee will consider a report recommending changes to the **Holiday Shopping Regulation** (City of Toronto Municipal Code, Chapter 510).

The report recommends that existing regulations requiring retail stores to close on New Year's Day, Family Day, Good Friday, Easter Sunday and Christmas Day remain in place and that all retail stores be permitted to open on the following four days: Victoria Day, Canada Day, Labour Day and Thanksgiving Day from 10 a.m. to 6 pm.

The report and the current regulations can be viewed at **www.toronto.ca/council**.

Information about how to make written submissions or to address the Economic Development Committee can be found at **http://www.toronto.ca/legdocs/tmmis/have-your-say.htm**. To make a written submission or address the Economic Development Committee, please notify the Merle MacDonald, Committee Administrator, by 12 noon on October 15, 2012 by phone at 416-392-1032 or 416-392-8485, by email at **edc@toronto.ca** or by fax at 416-392-1879.

Blueberry sauce kicks up Pork Spring Rolls

Ingredients

- 500 g (1 lb) lean ground pork
- 50 ml (1/4 cup) sliced green onions
- 15 ml (1 tbsp) minced ginger
- 15 ml (1 tbsp) minced garlic
- 30 ml (2 tbsp) hoisin sauce
- 10 ml (2 tsp) soy sauce
- 5 ml (1 tsp) chili paste
- 5 ml (1 tsp) rice vinegar
- 5 ml (1 tsp) ground pepper
- 2 ml (1/2 tsp) salt
- 12 wheat-based spring roll pastry sheets (20 by 20 cm/8-by-8 inches), thawed
- 50 ml (1/4 cup) grapeseed oil

Dipping Sauce

- 250 ml (1 cup) blueberries
- 50 ml (1/4 cup) honey
- 15 ml (1 tbsp) chili paste
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) chopped fresh cilantro

1. Heat oven to 180 C (350 F). Grease a 20-by-36-cm (8-by-14-inch) baking sheet with oil.

2. Thaw spring roll pastry sheets, keeping covered with a damp clean towel.

This recipe serves 12. THE CANADIAN PRESS H/O

3. In bowl, mix pork, green onions, ginger, garlic, hoisin sauce, soy sauce, chili paste, rice vinegar, pepper and salt.

4. Lay sheet of spring roll wrapper on clean surface. Place 30 ml (2 tbsp) of the pork mixture on top third of the wrapper sheet and roll, folding the ends to form an 9-cm (3.5-inch) roll.

5. Place on oiled baking sheet, seam side down, and brush generously with grapeseed oil. Bake on oven's middle rack for 45 to 60 minutes until golden.

6. Remove from baking sheet immediately to avoid sticking. Serve with dipping sauce.

7. Blueberry Dipping Sauce: In saucepan, bring blueberries, honey and chili paste to simmer and cook 15 minutes. Let cool, then puree in blender until smooth. Stir in lime juice and cilantro. **THE CANADIAN PRESS/ BC BLUEBERRIES**

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The best way to buy corporate bonds is through exchange-traded funds (ETFs). ISTOCK IMAGES

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations. Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs.

Unlike buying individual bonds, which mature on a specific date, ETF's hold a basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both. Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee. Look for the explanation of the index and there you will discover the content of the ETF.

Corporate bond ETF providers

- **BMO.** etfs.bmo.com
- **RBC.** funds.rbcgam.com/etfs
- **iShares.** ca.ishares.com/home.htm
- **Powershares.** invesco.ca
- **First Asset.** firstasset.com

Paying in cash

Sidestepping the taxman

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle.

However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars *and* you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

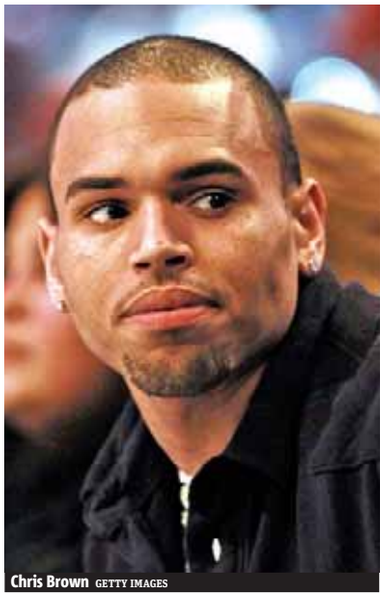
If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings.

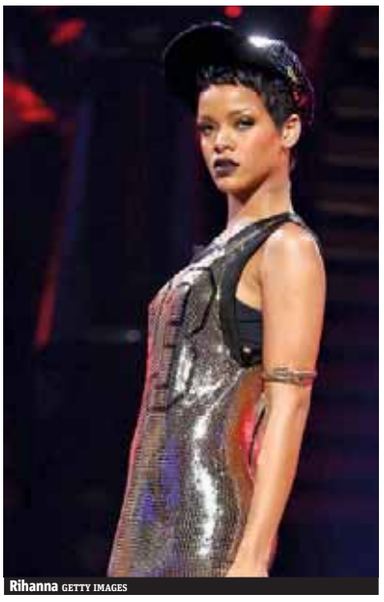
If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.



Chris Brown GETTY IMAGES



Rihanna GETTY IMAGES

Should Rihanna give violent 'love of her life' Brown a second chance?

Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

ROMINA MCGUINNESS
life@metronews.ca

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music.

In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake.

But the biggest twist was Rihanna's emotional interview with Oprah Winfrey on Oprah's Next Chapter in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly assaulted her.

The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex-boyfriend.

Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest 23-year-old model Karrueche Tran: "I have decided to be single to focus on my career.

I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, The Real Chris Brown (http://vimeo.com/50805715) addressing the Chris-Rihanna-Karrueche love triangle.

Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if that is possible but I feel like that."

Can we love two people at the same time? Relationship expert David Sbarra has doubts.

"The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way."

Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

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Hey valet, don't scratch my cell OK?

Please hold. Students in New York City paying a dollar a day for a home for their devices

Thousands of teenagers who can't take their cellphones to school have another option, courtesy of a burgeoning industry of sorts in always-enterprising New York City: paying a dollar a day to leave it in a truck that's parked nearby.

Students might resent an expense that adds up to as much as $180 a year, but even so, leaving a phone at one of the trucks in the morning and then picking it up at the end of the day has become as routine for city teenagers as getting dressed and riding the morning-rush subway.

Mobile home

"My whole four years I've been putting my phone in this truck, and it's been great."

Melquan Thompson
High school senior

"Sometimes it's a hassle because not everyone can afford it," said Kelice Charles, a freshman at Gramercy Arts High School in Manhattan. "But then again, it's a living."

Cellphones and other devices, such as iPods and iPads, are banned in all New York City public schools, but the rule is widely ignored except in the 88 buildings that have metal detectors. Administrators at schools without detectors tell students, "If we don't see it, we don't know about it."

Schools where violence is considered a risk have metal detectors to spot weapons, but they also spot phones. They include the Washington Irving Educational Complex in the bustling Union Square area, a cluster of small high schools housed in a massive century-old building that used to be one big high school.

Students from New York's Washington Irving educational complex line up to leave their cellphones and other electronic devices in a privately operated truck parked near their school. TINA FINEBERG/THE ASSOCIATED PRESS

The trucks that collect the cellphones have their own safety issues — one was held up in the Bronx in June, and some 200 students lost their phones. That could be why one operator near Washington Irving refused to speak to a reporter recently.

A converted disability-access van that's parked a block away on school days is painted bright blue and labeled Pure Loyalty Electronic Device Storage. The owner is Vernon Alcoser, 40, who operates trucks in three of the city's five boroughs.

Alcoser would not comment, even though the names of news outlets that have run stories about Pure Loyalty are affixed to his trucks. Pure Loyalty employees chatted but would not give their names as students from the Washington Irving complex lined up on a drizzly morning to surrender their phones.

"Next, next, have the phone off, have the money out," an employee yelled as the teens texted and listened to music until the last possible second. At the truck window, each student exchanged a phone and a dollar for a numbered yellow ticket.

"It's not that much of a hassle unless it's really crowded," said Gramercy Arts sophomore Chelsea Clouden.

"My whole four years I've been putting my phone in this truck, and it's been great," said Melquan Thompson, a senior at the High School for Language and Diplomacy. "Only a dollar. It's not bad."

The cellphone trucks appear to be unique to New York City.

"That is hilarious," said Debora Carrera, a high school principal in Philadelphia who had never heard of a phone storage truck. "Wow. It is very strange."

THE ASSOCIATED PRESS

GATESTONE

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Is a criminal record tainting your resumé?

Skeletons in the CV. It's imperative to be upfront with employers when prior wrongs raise a flag

JULIA WEST
life@metronews.ca

Searching for a job is hard for everyone. But if you have a criminal record to tack onto your résumé, that application just got a lot tougher. However, a record isn't a deal-breaker: A new study by CareerBuilder.com found that 51 per cent of human resource managers claim to have hired ex-offenders.

How do you find a new job today despite past run-ins with the law? For starters, be upfront about your convictions. "Those with previous criminal records in pursuit of employment should take the initiative," explains Bruce Clarke, president and CEO of human resource management firm CAI. "Be the first to inform your potential employer about your criminal record. The last thing you want is for an employer to find out from another source."

Being in a city puts you at an advantage, according to Glenn Martin, the vice president of development and public affairs at the Fortune Society, a non-profit that supports former prisoners when re-entering society. "Employers located in cities that are ethnically diverse often have fairer hiring policies," says Martin, who recommends seeking out companies that advertise as 'equal opportunity employers.'

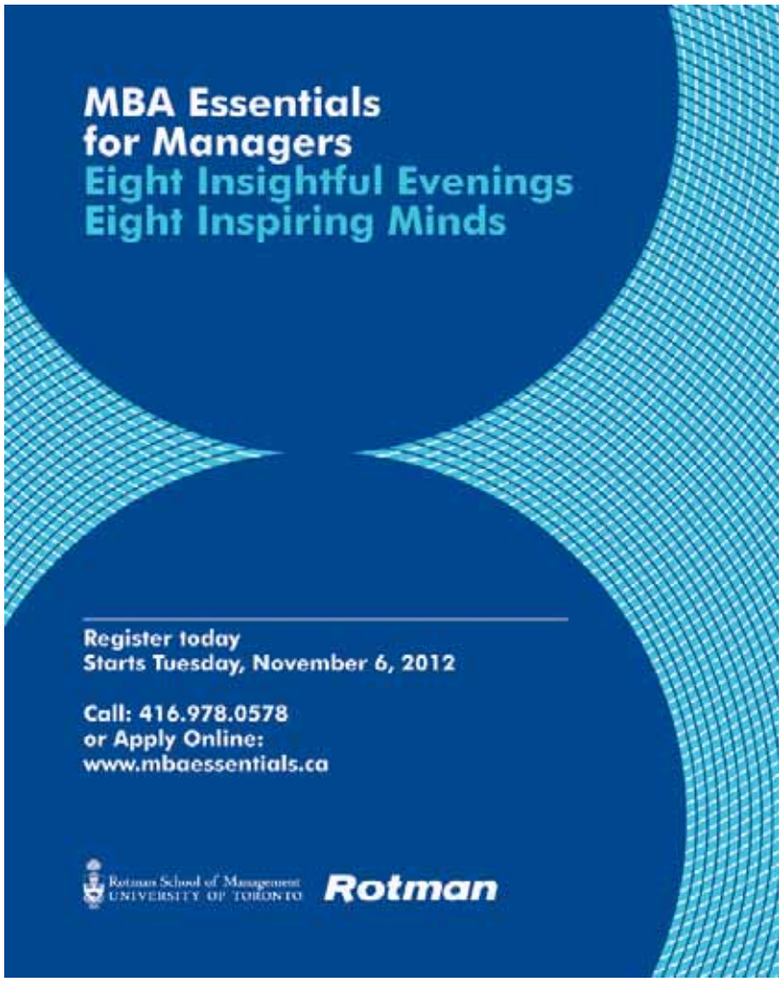
Ultimately, this is just like any other job search: You must focus on how to discuss and frame your past, and make sure you keep moving forward. "The number one recommendation hiring managers have is to own your past and focus on what you learned from it to grow professionally and personally," says Rosemary Haefner, vice president of human resources at CareerBuilder. "You also want to stay active. Taking classes, volunteering and tapping into social networks can be good ways to help overcome obstacles associated with job hunting with a criminal past."

Tips from the top dogs

Hiring managers polled by CareerBuilder had plenty of suggestions for job seekers with criminal records. Here were the most popular responses:

- Be up front and honest about the conviction: 68 per cent
- Be willing to work your way up: 48 per cent
- Stay positive: 46 per cent
- Stay active, seek out training, take classes, volunteer: 39 per cent
- Don't apply to jobs where your record would automatically disqualify you: 31 per cent

The long arm of the law may follow you forever, but there are ways to right wrongs in the working world. ISTOCK



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Helping the help. Are you ready for a role in human resources?

JULIA WEST
Metro World News in Philadelphia

When you're on the other side, it's easy to think that the HR department only issues dress codes. But dig a little deeper, and you might find that human resources is for you.

First, know that an HR position will vary company by company. "Some HR roles, such as those in compensation and benefits, are often quite technical, require solid analytic and math skills, and relatively limited interaction with employees," explains James W. Smither, chair and professor of management and leadership at La Salle University.

HR professionals also play a crucial role in a business. "HR executives are managers of a company's most valuable resource — their talent," says Brad Everett, COO of human resources firm NorthgateArinso.

If you're looking into this field, consider key parts of your personality. "Do you have a strong sense of ethics and confidentiality?" asks Alicia Huppman, professor of human resources at Peirce College. "Working in HR, you will have to handle sensitive and confidential information. You'll have to learn to keep to yourself and not divulge anything, especially when talking with co-workers."

Motivate others

Rolling with it

- Human resources requires that you be a bit of a cheerleader, even during stressful times of change.
- "HR professionals need to be able to personally handle change while also motivating others to adopt new ways of working," advises Elissa Tucker, a human capital management knowledge specialist with APQC, a business consultant company.

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– Kelly Paoli, Film, Faculty of Fine Arts, 2013

CFL

Coach Milanovich takes blame after Argonauts loss

Coach Scott Milanovich threw himself on his own sword in the wake of the Toronto Argonauts' 36-10 loss to Saskatchewan on Monday.

"Clearly I didn't have them ready to play tonight," the rookie head coach said of his 7-7 team. "And I've got to do a better job of getting them ready to go, giving them the chance to be successful offensively."

In truth, there was ample blame to go around the Argos locker-room and everyone seemed to know it following a comprehensive drubbing that saw Toronto outplayed in every aspect of the game in its return to the Rogers Centre following a 1-2 road trip.

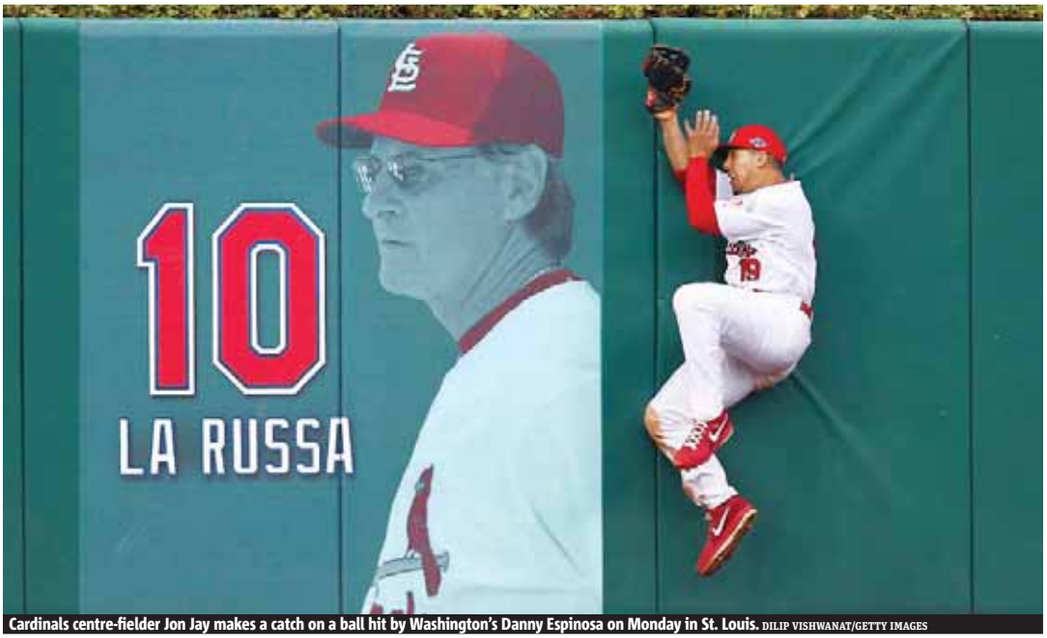
Quarterback Jarious Jackson, filling in for the injured Ricky Ray for a second week, said his coach's mea culpa spoke more about Milanovich's character than about who was to blame.

"I think that's just leadership ... that's Coach (Milanovich) being a great coach," he said.

Kory Sheets and Weston Dressler scored third-quarter touchdowns to power Saskatchewan to the win.

Sheets' season-high 48-yard TD run at 9:29 put Saskatchewan ahead 29-10 and brought "Let's Go Riders," chants from the Saskatchewan faithful within the Rogers Centre gathering of 25,176. THE CANADIAN PRESS

Roughrider Kory Sheets rushes in Toronto on Monday. THE CANADIAN PRESS



Cardinals centre-fielder Jon Jay makes a catch on a ball hit by Washington's Danny Espinosa on Monday in St. Louis. DILIP VISHWANAT/GETTY IMAGES

Answering the call of fall in St. Louis

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Game 2

Cardinals	Nationals
12	4

Never count out the St. Louis Cardinals in October — especially after they lose a series opener.

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Washington Nationals on Monday that tied their NL division series at one game apiece.

"We know this offence has the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice to see this, and hopefully it becomes contagious and the guys just keep going."

Allen Craig and Daniel Descalso also went deep to help the defending World Series champions build a big lead that compensated for a two-inning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

Ryan Zimmerman and Adam LaRoche hit consecutive homers in the fifth for the Nationals, who head home for the remainder of the best-of-five series. But the NL East champions are without all-star ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired arm.

Game 3 is Wednesday afternoon at Nationals Park. Edwin Jackson starts for Washington against longtime Cardinals ace Chris Carpenter, who made only three starts during the regular season because of injury.

"Today, for us, was a must-win game," Beltran said.

The Cardinals seem to live for those. They lost the division series and NLCS openers last fall, then finished strong in the World Series after spotting Texas a 3-2 lead.

So, they're on familiar ground.

"We knew how big this game was for us," centre-fielder Jon Jay said. "We've seen it all year — when we are able to do that, we are pretty dangerous."

Beltran homered twice in the post-season for the third time in his career, connecting in the sixth off Mike Gonzalez and eighth off Sean Burnett. Jay had two hits and three RBIs, plus an outstanding catch at the centre-field wall to deprive Danny Espinosa of extra bases in the sixth.

"One of the best catches I've seen. I think it's his best catch of the year," Matheny said. "He barely looked up as he was hitting the wall. Very impressive." THE ASSOCIATED PRESS

4 SPORTS

NHL. League, players not expected to talk about economic issues this week

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

Daly indicated that he'd like to see economics and system issues — essentially how the sides split up league revenue — put back on the bargaining table soon.

NHL deputy commissioner Bill Daly GETTY IMAGES FILE

The lockout entered its fourth week with the sides still entrenched in their positions on that fundamental issue. The players have insisted they continue to earn the $1.871 billion US they took home collectively last season while the owners are looking for an immediate reduction in salaries. THE CANADIAN PRESS

Games lost so far

The ongoing work stoppage has already forced the NHL to cancel the first two weeks of the regular season, a move that wiped 82 games off the schedule and pushed opening night back to Oct. 25.

Team effort by Raps sees them slay Spanish giants

NBA pre-season. Real Madrid, with four players from Spanish national team, arrived in Toronto game-ready

DeMar DeRozan poured in 18 points and John Lucas added 16 of his own Monday as the Toronto Raptors won their pre-season opener, 102-96, over Spain's Real Madrid.

Andrea Bargnani had 14 points for the Raptors, who ended the third quarter up by two before pulling away in the fourth. Amir Johnson added 12 points, scoring on several big dunks, while rookie Terrence Ross had 10 points, Jose Calderon had eight assists to go with nine points, and Ed Davis grabbed 10 rebounds.

Nikola Mirotic had 17 points and a game-high 12 rebounds to top the visitors, while Martynas Pocius added 15.

It was no surprise that the game, which came just two days after the Raptors finished their Halifax training camp, was a sloppy, dragged-out foul-filled affair for a Toronto team that featured 10 new faces.

Real Madrid, with four players from the Spanish team that won silver at the London Olympics, arrived game-ready. The Spanish powerhouse — winner of 30 Spanish League titles and eight Euroleague titles — is a few weeks ahead of the Raptors in terms of preparation.

The team already won the Spanish SuperCup two weeks ago, and was coming off a 105-93 loss to the Grizzlies in Memphis two nights earlier.

The crowd was dotted with Madrid fans who periodically broke into Spanish songs.

The game marked the ninth time the Raptors have played an international team in the pre-season, having hosted teams from Greece, Italy, Israel, Lithuania and Russia in the past. The Raptors lost to Madrid in its 2007 pre-season trip to Europe. THE CANADIAN PRESS

Injured list

The Raptors were missing newcomers Kyle Lowry and Jonas Valanciunas.

- Lowry's debut has been put on hold because of a strained adductor muscle in his left leg and he is expected to miss all of Toronto's games this week.
- Valanciunas is sidelined with a calf strain.

Toronto Raptors forward Andrea Bargnani makes his way to the basket during Monday's exhibition game against Real Madrid. TARA WALTON/TORSTAR NEWS SERVICE

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Drug use is out of track: Sharpe

Post-Seoul. Former teammate of Ben Johnson feels no need to talk about enhancement drugs with young athletes he coaches

Tony Sharpe, a former teammate of Ben Johnson's and a bronze medalist in the 4x100 relay in the Los Angeles Olympics, is seen here on Sept. 25. Sharpe has had his right to federal sports funding restored 23 years after Canada's infamous doping scandal. Sharpe coaches kids at his Speed Academy Athletics Club in Pickering. STEVE RUSSELL/TORSTAR NEWS SERVICE

It was April 3, 1989, when sprinter Tony Sharpe climbed briskly onto the stand in a Toronto hearing room and swore to tell the truth.

And he did.

He told a federal commission looking into the use of drugs and banned substances in sports — the Dubin Inquiry — that he'd helped his disgraced teammate Ben Johnson smuggle steroids into a Guadeloupe training camp five years earlier.

He testified that Johnson — who had been stripped of his 100-metre Olympic gold medal the previous September after testing positive for the muscle-building drugs — had been a fellow long-term steroid user.

And he stated that there was little anyone could do to stop elite athletes from using banned substances in the future.

"Their chance of getting caught is there and that's not enough, so I guess the glory is too sweet and the dollars are too much," said Sharpe, a former 100- and 200-metre Canadian champion.

"I don't know what you could tell them (athletes) that would, you know, sway them away from it."

Today, six summer Olympiads removed from the post-Seoul shambles, Sharpe says you don't have to tell them anything at all.

"I don't think that culture exists today in track-and-field," says the now coach, who recently had his lifetime ban from federal sports funding lifted by an arbitrator.

A mediator concluded July 30 that Sharpe had met virtually all the redemption criteria set out that would allow banned athletes to have federal funding strictures removed.

The decision could allow Sharpe — as his similarly reinstated former teammate Desai Williams has successfully done — to coach at the national team and Olympic levels.

Sharpe now coaches young track athletes at Pickering's Speed Academy Athletics Club, which he helped found in 2006.

He says the drug dimensions in track have changed so thoroughly that he feels no need to even bring up the subject with his young charges.

"It's not something that we have to be lecturing our kids about these days. Not my track kids.

"I have 40 or 50 kids in my club ... and I cannot even fathom the idea of them thinking of using any sort of performance-enhancing drugs."

Beyond that, Sharpe doesn't want to speak of his long-time steroid use, which began in 1980 and only ended when injuries derailed his career in 1987.

"I'm not here to talk about 1989. I've been reinstated and I want to really move forward in terms of the whole discussion around this story."

TORSTAR NEWS SERVICE

Quoted

"I just sense that the whole enhancement thing is gone. People are just working harder and smarter."

Tony Sharpe, a former steroids user who now coaches kids at Speed Academy Athletics Club in Pickering

2016. Bolt will seek 3-peats at Rio Games

Usain Bolt will be aiming for a three-peat of Olympic sprint titles in the 100 and 200 metres at the 2016 Rio de Janeiro Games, rather than trying out a new event.

After Bolt, 26, became the first man to successfully defend both sprint titles at the London Olympics, he was coy about his prospects of competing in Rio and there was speculation he could switch to the long jump or 400 for a new challenge.

However, during a promotional visit to New Zealand on Monday, the self-declared "living legend" said that his plan for 2016 "is all about just going and defending my titles."

"I don't want to try any different events at Rio, because at Rio I will just defend my titles to show the world that there is a possibility that I can do it again," Bolt, who won the 100- and 200-metres and helped Jamaica win the 4x100-metre relays at Beijing and London, told a news conference. "The three-peat. That's the focus — there's not going to be any different event."

Bolt has the world record in the 100 and 200 and wants to go even faster. He'll return to training later this month and turn his attention to the world championships next year in Moscow.

THE ASSOCIATED PRESS

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NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	2	0	.600	165	113
N.Y. Jets	2	2	0	.500	81	109
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	2	2	0	.500	91	110
Jacksonville	1	4	0	.200	65	138
Tennessee	1	4	0	.200	88	181

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	130	89
Cincinnati	3	2	0	.600	125	129
Pittsburgh	2	2	0	.500	93	89
Cleveland	0	5	0	.000	100	139

WEST

	W	L	T	Pct	PF	PA
San Diego	3	2	0	.600	124	102
Denver	2	3	0	.400	135	114
Oakland	1	3	0	.250	67	125
Kansas City	1	4	0	.200	94	145

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	2	0	.600	80	99
N.Y. Giants	3	2	0	.600	152	111
Dallas	2	2	0	.500	65	88
Washington	2	3	0	.400	140	147

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	0	0	1.000	148	93
Tampa Bay	1	3	0	.250	82	91
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Minnesota	4	1	0	.800	120	79
Chicago	4	1	0	.800	149	71
Green Bay	2	3	0	.400	112	111
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	1	0	.800	94	78
San Francisco	4	1	0	.800	149	68
St. Louis	3	2	0	.600	96	94
Seattle	3	2	0	.600	86	70

WEEK 5

Monday's result
Houston at N.Y. Jets
Sunday's results
Baltimore 9 Kansas City 6
Atlanta 24 Washington 17
Pittsburgh 16 Philadelphia 14
Indianapolis 30 Green Bay 27
N.Y. Giants 41 Cleveland 27
Miami 17 Cincinnati 13
Seattle 16 Carolina 12
Chicago 41 Jacksonville 3
San Francisco 45 Buffalo 3
Minnesota 30 Tennessee 7
New England 31 Denver 21
New Orleans 31 San Diego 24
Thursday's result
St. Louis 17 Arizona 3

WEEK 6

Thursday's game — All Times Eastern
Pittsburgh at Tennessee, 8:20 p.m.
Sunday's games
Oakland at Atlanta, 1 p.m.
Kansas City at Tampa Bay, 1 p.m.
Indianapolis at N.Y. Jets, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Detroit at Philadelphia, 1 p.m.
St. Louis at Miami, 1 p.m.
Dallas at Baltimore, 1 p.m.
Buffalo at Arizona, 4:05 p.m.
New England at Seattle, 4:05 p.m.
N.Y. Giants at San Francisco, 4:25 p.m.
Minnesota at Washington, 4:25 p.m.
Green Bay at Houston, 8:20 p.m.
Monday, Oct. 15
Denver at San Diego, 8:30 p.m.

GOLF

PGA—SHRINER'S OPEN

At Las Vegas
Par 71
Final Round

Ryan Moore, $810,000	61-68-65-66—260
Brendon de Jonge, $486,000	62-66-66-67—261
Jonas Blixt, $306,000	64-64-66-70—264
Jason Day, $216,000	69-68-64-65—266
Bill Lunde, $180,000	67-69-67-66—269
Richard H. Lee, $156,375	66-68-71-65—270
Scott Piercy, $156,375	67-66-73-64—270
Blake Adams, $135,000	65-70-68-68—271
Jason Bohn, $135,000	71-66-64-70—271
Tim Herron, $112,500	63-68-68-73—272
Jimmy Walker, $112,500	67-66-66-73—272
Nick Watney, $112,500	66-66-71-69—272
Bobby Gates, $72,500	70-67-66-70—273
Mathew Goggin, $72,500	68-69-70-66—273
John Huh, $72,500	63-69-72-69—273
Colt Knost, $72,500	68-67-66-72—273
Russell Knox, $72,500	66-67-68-72—273
Jeff Overton, $72,500	70-66-68-69—273
Heath Slocum, $72,500	67-67-74-65—273
Brendan Steele, $72,500	69-67-70-67—273
Michael Thompson, $72,500	70-66-68-69—273
Angel Cabrera, $39,488	68-70-67-69—274
Bob Estes, $39,488	69-68-68-69—274
Robert Garrigus, $39,488	66-68-73-67—274
John Mallinger, $39,488	70-65-72-67—274
Kevin Na, $39,488	68-66-70-70—274
Patrick Reed, $39,488	65-69-70-70—274
Kevin Streelman, $39,488	68-67-68-71—274
Josh Teater, $39,488	70-65-67-72—274
David Hearn, $29,250	**68-70-69-68—275**

WEB.COM—NEEDIEST KIDS CHAMPIONSHIP

At Potomac, Maryland
Par 70
Final Round

David Lingmerth, $108,000	66-66-74-66—272
Casey Wittenberg, $64,800	67-69-68-69—273
Alistair Presnell, $34,800	65-70-70-69—274
Philip Pettitt, Jr., $34,800	66-71-68-69—274
Chris Wilson, $24,000	70-68-67-70—275
Morgan Hoffmann, $20,850	69-69-72-68—278
Bronson La'Cassie, $20,850	67-67-75-69—278
Sam Saunders, $16,200	66-73-71-69—279
Reid Edstrom, $16,200	69-72-67-71—279
Will Wilcox, $16,200	65-71-69-74—279
Josh Persons, $16,200	65-68-69-77—279
Tom Hoge, $16,200	69-65-69-76—279
Brian Stuard, $12,000	68-70-73-69—280
Luke List, $12,000	68-72-66-74—280
Rob Oppenheim, $10,800	68-72-70-71—281
Cliff Kresge, $7,880	70-69-73-70—282
Tag Ridings, $7,880	72-70-70-70—282
Camilo Benedetti, $7,880	69-68-74-71—282
Glen Day, $7,880	67-73-72-70—282
Stuart Anderson, $7,880	**69-73-71-69—282**
Joe Durant, $7,880	73-69-72-68—282
Michael Putnam, $7,880	71-69-70-72—282
Brad Fritsch, $7,880	**67-66-74-75—282**
D.J. Brigman, $7,880	66-70-70-76—282
Robert Streb, $4,800	68-72-73-70—283
Adam Hadwin, $4,800	**69-72-72-70—283**

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto FC	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
FC Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

NOTE: Three points for victory, one point for tie.
x—clinched playoff berth
Sunday's results
Columbus 1 Sporting Kansas City 1
Chivas USA 1 FC Dallas 1
Seattle FC 3 Portland 0
Saturday's results
D.C. United 1 Toronto FC 0
Chicago 2 New York 0
Philadelphia 1 New England 0
Houston 1 Montreal 1
San Jose 4 Colorado 1
Real Salt Lake 2 Los Angeles 1
Wednesday, Oct. 17 — All Times Eastern
Real Salt Lake at Seattle FC, 11 p.m.
Saturday, Oct. 20
Montreal at Toronto FC, 1:30 p.m.
Sporting Kansas City at New York, 7 p.m.
Columbus at D.C. United, 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.
Sunday, Oct. 21
Los Angeles at San Jose, 7 p.m.
Portland at Vancouver, 7 p.m.
FC Dallas at Seattle FC, 9 p.m.

ENGLAND — PREMIER LEAGUE

Sunday's results
Southampton 2 Fulham 2
Liverpool 0 Stoke City 0
Tottenham 2 Aston Villa 0
Manchester United 3 Newcastle 0

FRANCE — LIGUE 1

Sunday's results
Brest 1 Bordeaux 1
Lorient 1 Lyon 1
Marseille 2 Paris Saint-Germain 2

GERMANY — BUNDESLIGA

Sunday's results
Borussia Moenchengladbach 2 Frankfurt 0
Stuttgart 2 Bayer Leverkusen 2
Hannover 1 Borussia Dortmund 1

ITALY — SERIE A

Sunday's results
Roma 2 Atalanta 0
Catania 2 Parma 0
Fiorentina 1 Bologna 0
Lazio 3 Pescara 0
Juventus 2 Siena 1
Cagliari 1 Torino 0
Inter Milan 1 AC Milan 0
Napoli 2 Udinese 1

SPAIN — PRIMERA

Sunday's results
Levante 1 Valencia 0
Granada 2 Mallorca 1
Athletic Bilbao 1 Osasuna 0
Barcelona 2 Real Madrid 2
Atletico Madrid 2 Malaga 1

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	14	8	6	0	382	405	16
Toronto	14	7	7	0	327	357	14
Hamilton	14	5	9	0	421	444	10
Winnipeg	14	4	10	0	274	428	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	14	10	4	0	365	271	20
Calgary	14	8	6	0	398	329	16
Saskatchewan	14	8	6	0	377	290	16
Edmonton	14	6	8	0	314	334	12

x — Clinched playoff berth.
Week 15
Monday's results
Saskatchewan 36 Toronto 10
Winnipeg 27 Montreal 22
Saturday's result
B.C. 27 Calgary 22
Friday's result
Edmonton 35 Hamilton 20
Week 16
Friday's game — All Times Eastern
B.C. at Hamilton, 7:30 p.m.
Saturday's games
Calgary at Winnipeg, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.
Sunday, Oct. 14
Montreal at Toronto, 1 p.m.

ROUGHRIDERS 36, ARGONAUTS 10

First Quarter
Sask — FG DeAngelis 17 2:17
Sask — TD Willy 1 run (DeAngelis convert) 6:00
Tor — FG Waters 48 11:15
Second Quarter
Sask — FG DeAngelis 45 1:16
Tor — TD Riggs 5 pass from Jackson (Waters convert) 4:39
Sask — FG DeAngelis 12 14:08
Sask — FG DeAngelis 48 14:58
Third Quarter
Sask — FG DeAngelis 31 5:24
Sask — TD Sheets 48 run (DeAngelis convert) 9:29
Sask — TD Dressler 78 pass from Durant (DeAngelis convert) 11:25
Fourth Quarter
No Scoring.

Saskatchewan	**10**	**9**	**17**	**0**	**—**	**36**
Toronto	**3**	**7**	**0**	**0**	**—**	**10**

Team Statistics	**Sask**	**Tor**
First downs	18	13
Yards rushing	121	58
Yards passing	276	165
Total offence	397	223
Team losses	5	10
Net offence	392	213
Passes made-tried	21-29	17-36
Return-yards	164	177
Intercepts-yards by	1-0	0-0
Fumbles-lost	1-0	1-1
Sacks by	1	1
Punts-average	8-44.3	12-40.0
Penalties-yards	11-95	17-126
Time of possession	34:36	25:24

Individual
Rushing: Sask — Sheets 19-113, West 3-7, Dressler 1-3, Willy 3-minus-2; Tor — Riggs 10-56, Owens 1-2.
Receiving: Sask — Dressler 5-97, T.Smith 4-79, West 3-28, Hughes 1-28, McHenry 3-21, Carr 2-15, Getzlaf 1-5, Sheets 2-3; Tor — Durie 4-51, Bradwell 3-33, Owens 4-26, Mann 2-26, J.Johnson 1-17, Riggs 3-12.
Passing: Sask — Durant 21-29, 276 yards, 1 TD, 0 ints; Tor — Jackson 16-31-162-1-1, Harris 1-5-3-0-0.
Attendance — 25,716 at Toronto.

MLB

AMERICAN LEAGUE

N.Y. YANKEES VS. BALTIMORE
(N.Y. Yankees lead series 1-0)
Monday's result
N.Y. Yankees at Baltimore
Sunday's result
N.Y. Yankees 7 Baltimore 2
Wednesday's game — All Times Eastern
Baltimore (Gonzalez 9-4) at N.Y. Yankees
Kuroda (16-11), 7:37 p.m.
Thursday's game
x-Baltimore (Saunders 3-3) at N.Y. Yankees (Hughes 16-13)
Friday, Oct. 12
x-Baltimore (Hammel 8-6) at N.Y. Yankees (Sabathia 15-6)

OAKLAND VS. DETROIT
(Detroit leads series 2-0)
Sunday's result
Detroit 5 Oakland 4
Saturday's result
Detroit 3 Oakland 1
Tuesday's game
Detroit (Sanchez 4-6) at Oakland (Anderson 4-2), 9:07 p.m.
Wednesday's game
x-Detroit (Scherzer 16-7) at Oakland (Griffin 7-1), 9:37 p.m.
Thursday's game
x-Detroit (Verlander 17-8) at Oakland (Parker 13-8)
x — If necessary.

TENNIS

WTA GENERALI LADIES

At Linz, Austria
Singles — First Round
Kiki Bertens, Netherlands, def. Mona Barthel, Germany, 7-6 (3), 1-6, 6-1.
Sofia Arvidsson, Sweden, def. Lucie Safarova (4), Czech Republic, 3-6, 6-2, 7-5.
Lucie Hradecka, Czech Republic, def. Silvia Soler-Espinosa, Spain, 6-3, 7-6 (5).

ATP SHANGHAI ROLEX MASTERS

At Shanghai, China
Singles — First Round
Benoit Paire, France, def. Philipp Petzschner, Germany, 7-6 (2), 6-4.
Sam Querrey, United States, def. Zhe Li, China, 6-3, 6-1.
Grigor Dimitrov, Bulgaria, def. Pablo Andujar, Spain, 7-5, 6-3.
Tommy Robredo, Spain, def. Alex Bogomolov Jr., Russia, 7-6 (4), 6-4.
Marin Cilic, Croatia, def. Lukasz Kubot, Poland, 7-5, 6-3.
Kevin Anderson, South Africa, def. Jarkko Nieminen, Finland, 6-2, 7-6 (4).
Richard Gasquet (11), France, def. Brian Baker, United States, 6-2, 6-3.
Andreas Seppi, Italy, def. Michael Berrer, Germany, 6-2, 7-6 (5).
Tommy Haas, Germany, def. Nicolas Almagro (9), Spain, 4-6, 7-6 (4), 6-2.
Alexandr Dolgopolov, Ukraine, def. Jeremy Chardy, France, 6-3, 6-2.

NATIONAL LEAGUE

WASHINGTON VS. ST. LOUIS
(Series tied 1-1)
Monday's result
St. Louis 12 Washington 4
Sunday's result
Washington 3 St. Louis 2
Wednesday's game — All Times Eastern
St. Louis (Carpenter 0-2) at Washington (Jackson 10-11), 1:07 p.m.
Thursday's game
x-St. Louis (Lohse 16-3) at Washington (Detwiler 10-8)
Friday, Oct. 12
x-St. Louis at Washington

SAN FRANCISCO VS. CINCINNATI
(Cincinnati leads series 2-0)
Sunday's result
Cincinnati 9 San Francisco 0
Saturday's result
Cincinnati 5 San Francisco 2
Tuesday's game
San Francisco (Vogelsong 14-9) at Cincinnati (Bailey 13-10), 5:37 p.m.
Wednesday's game
x-San Francisco (Cain 16-5) at Cincinnati (Latos 14-4), 4:07 p.m.
Thursday's game
x-San Francisco (Bumgarner 16-11) at Cincinnati (Cueto 19-9)
x — If necessary.

CARDINALS 12, NATIONALS 4

Washington	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Werth rf	4	1	1	0	1	2	.222
Harper cf	5	0	1	0	0	4	.100
Zimmerman 3b	4	1	2	2	0	1	.333
LaRoche 1b	4	1	1	1	1	1	.125
Morse lf	4	0	2	0	0	0	.375
Desmond ss	4	1	1	0	0	1	.500
Espinosa 2b	3	0	1	0	1	0	.167
K.Suzuki c	4	0	0	0	0	2	.143
Zimmermann p	1	0	1	1	0	0	1.000
b-Bernadina ph	0	0	0	0	1	0	—
Stammen p	0	0	0	0	0	0	—
C.Garcia p	0	0	0	0	0	0	—
c-Lombardozzi ph	1	0	0	0	0	0	.000
Mic.Gonzalez p	0	0	0	0	0	0	—
Mattheus p	0	0	0	0	0	0	—
e-Tracy ph	1	0	0	0	0	0	.000
S.Burnett p	0	0	0	0	0	0	—
Gorzelanny p	0	0	0	0	0	0	—
Totals	**35**	**4**	**10**	**4**	**4**	**11**	

St. Louis	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Jay cf	5	1	2	3	0	1	.250
Beltran rf	4	2	2	3	1	0	.375
Holliday lf	4	1	0	0	1	1	.000
Craig 1b	5	2	3	1	0	1	.333
Y.Molina c	4	1	2	0	1	0	.286
Freese 3b	3	1	1	1	1	0	.429
Descalso 2b	4	2	2	2	0	0	.333
Kozma ss	3	2	1	0	1	2	.200
J.Garcia p	0	0	0	0	0	0	—
a-Schumaker ph	1	0	0	1	0	0	.000
Lynn p	0	0	0	0	0	0	—
J.Kelly p	0	0	0	0	0	0	—
d-S.Robinson ph	1	0	0	0	0	0	.000
Mujica p	0	0	0	0	0	0	—
Boggs p	0	0	0	0	0	0	—
f-M.Carpenter ph	1	0	0	0	0	1	.000
Rosenthal p	0	0	0	0	0	0	—
Totals	**35**	**12**	**13**	**11**	**5**	**6**	

Washington	**010**	**020**	**100**	**—**	**4**	**10**	**2**
St. Louis	**041**	**201**	**04X**	**—**	**12**	**13**	**0**

Washington	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Zimmermann L, 0-1	3	7	5	5	0	2	63	15.00
Stammen	⅓	1	2	2	2	0	20	13.50
C.Garcia	1⅓	0	0	0	2	2	28	0.00
Mic.Gonzalez	1	1	1	1	0	1	16	9.00
Mattheus	1	0	0	0	0	0	12	0.00
S.Burnett	⅔	3	4	3	1	1	29	40.50
Gorzelanny	⅓	1	0	0	0	0	3	0.00

St. Louis	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
J.Garcia	2	2	1	1	3	3	51	4.50
Lynn W, 1-0	3	3	2	2	1	5	50	5.40
J.Kelly	1	0	0	0	0	0	8	0.00
Mujica	1	2	1	1	0	0	11	4.50
Boggs	1	2	0	0	0	0	17	0.00
Rosenthal	1	1	0	0	0	3	22	0.00

T—3:27. A—45,840 (43,975) at St. Louis.

T—3:27. A—45,840 (43,975) at St. Louis.

Welker insists no bad blood with Belichick

Wes Welker poses in the end zone after scoring a first-half touchdown against the Broncos on Sunday in Foxboro, Mass. JIM ROGASH/GETTY IMAGES

NFL. Patriots star receiver says comment directed at coach was meant to be a joke

New England Patriots receiver Wes Welker said on Monday that he was only joking when he said that he enjoyed catching 13 passes against the Denver Broncos to "stick it" in coach Bill Belichick's face.

"It was a joke. I don't know what else to say about it," Welker said during a rare Monday appearance in the locker-room during media availability. "Bill and I, whether y'all believe it or not, have a good relationship, and it was a joke and I'll make sure to keep that in-house going forward."

Welker caught more passes over the past five seasons than any other player in the NFL, leading the team to use the franchise tag on him in the off-season. He accepted the $9.5-million US contract rather than agree to a long-term deal that would have been more salary cap-friendly for the team.

Welker started the season opener but was targeted only five times. He did not start the next game, giving way to backup Julian Edelman and prompting speculation that Belichick was punishing him for the unsuccessful negotiations.

But Welker's production has been as good as ever since the opener, averaging just under nine catches and 118 yards receiving per game. On Sunday, he had 13 receptions for 104 yards and a touchdown.

"Yeah, it's kind of nice to stick it in Bill's face once in a while," he said — with a wink of his right eye — in an interview with Comcast SportsNet.

Asked about the comment in his Monday news conference, Belichick said he hadn't seen it. When a reporter started to repeat Welker's comment, Belichick cut him off.

"You should ask him about it, then," he said. "What he meant by it, I don't know."

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Horoscopes

♈ Aries
March 21 - April 20
What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

♉ Taurus
April 21 - May 21
Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

♊ Gemini
May 22 - June 21
If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

♋ Cancer
June 22 - July 23
Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

♌ Leo
July 24 - Aug. 23
Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

♍ Virgo
Aug. 24 - Sept. 23
You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

♎ Libra
Sept. 24 - Oct. 23
Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

♐ Sagittarius
Nov. 23 - Dec. 21
You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

♑ Capricorn
Dec. 22 - Jan. 20
You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

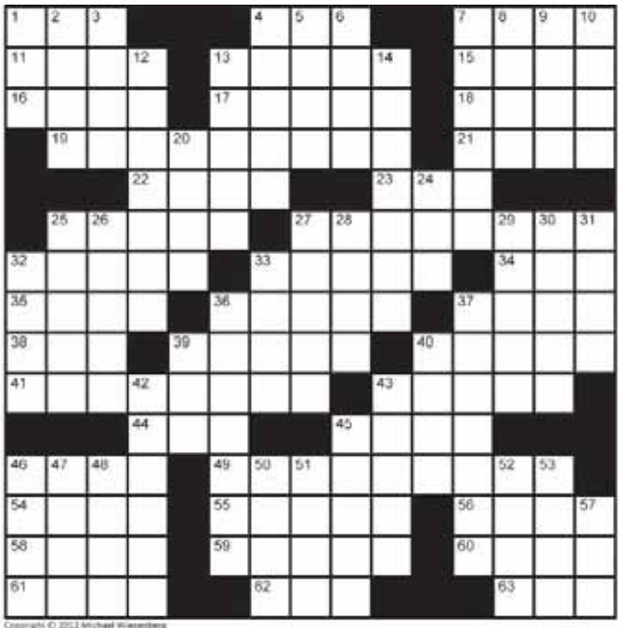
♒ Aquarius
Jan. 21 - Feb. 19
Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

♓ Pisces
Feb. 20 - March 20
Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.

SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. *Aladdin* character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)
54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down
1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born *Scream* star Campbell
7. *Sesame* ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture
32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)
45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword

What's online

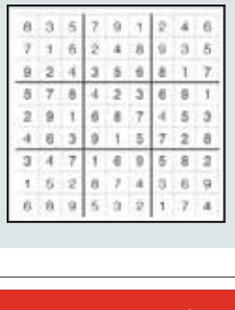
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4					1			
2				3		7	5	
9		8			6			
7	6	2				8		
3								9
		9				6	4	1
			7			5		3
	9	3		5				7
			9					2

Friday's Sudoku



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Wednesday 12°/4° Showers 60%
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